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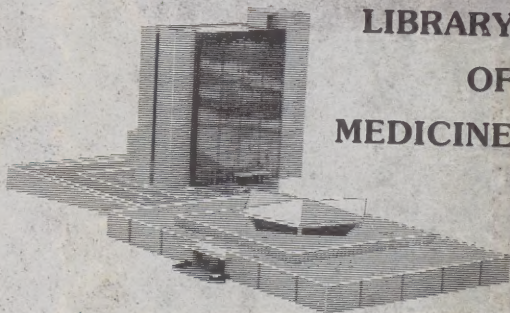
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PROPER NUTRITION

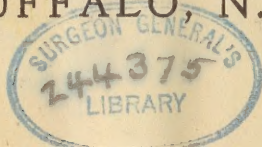
BY

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Mechanical Motions"*

The normal body is composed of
elements harmoniously combined

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PREFACE

Health and What It Needs

Health is the normal process of all life functions in the organs of our body.

What is necessary for the maintenance of that life process, (Health)? The answer is air, light, water, action and rest. The human being has forgotten how to regulate these life necessities according to quality and quantity, while the more fortunate lower animal has at least its instinct as a guide.

Natural Science must, therefore, replace the missing instinct in us, as long as ignorance in diet is one of the causes of abnormal condition in our bodies.

Some may ask, why is it if wrong supply is the cause of wrong function in our body, that this logical thought is overlooked and only the effect is recognized? Almost ninety per cent. of every hundred want to be given remedies rather than do their own thinking and learning the cause in order to remove it.

If our grandfathers had their whiskey, meat and potatoes every day and our grandmothers lived to be ninety-four years old and drank six cups of coffee each day along with cake and pie, why should we condemn these foods and change our diets? These and like questions are asked not only by the laity but also by our so-called Health Students.

But the light regarding causes of disease is shining brighter every day and with the improvement of hygienic conditions, we soon will learn to conquer diseases and upon realizing that wrong nutrition is

the cause of wrong function, whether it be in the human or any other machine we will at once become interested in the study of the relation of food to health.

What Is the Medium of Nutrition?

Blood is the only tissue food. We know that blood or the constituents in blood are not always the same. We know that the elements in the blood are not always sufficient to supply all the cells in our body. We know the specific weight of our blood is fluctuating. Just how easily physical and chemical influences affect our blood is shown by its quick coagulation. In all cases of disease disposition, we find as the cause wrong food supply or pathological, (wrong) food digestion.

We can observe that out of rock, (lifeless stony matter), plant life develops in earth combined with water and air and under the electrical influences of sunlight and heat.

Plants grow because the ether out of which the universe was created combines all elements to a structure. As ether itself is combustible, its presence in plant life makes the plant subject to combustion, in a larger degree, because part of the plant body which was composed of oxydized substances and acting as a scaffold always remains as a so-called ashes.

Which Are the Elements Found in the Human Body?

In almost all plant structure, we find elements predominating such as calcium, natrium, calium, magnesia, iron and manganese combining with silica, chlorine, florine, phosphorus and sulphur. These are the elements which guarantee form to the animal as well as to the plant life.

For illustration, if we take a dry leaf and light it, part of it will burn but the ashes will keep the form of a leaf.

The same is true of the human body. A corpse will keep its shape for many years, which is proven when a casket containing the body of a person who has been dead for years, is opened. The natural structure remains but as soon as it is touched, the frame collapses to a dust pile. The combustible elements had decomposed, but the form giving elements had kept the same form as they had maintained in life.

The animal body is directly or indirectly composed of plant substance and shares its combustibility. Cows, chickens, geese, horses, sheep, elephants, all change their food (the vegetable substance) into the specific body material. For this reason the animal body has for its foundation, combustible substance, besides about three-fourths per cent. water and upon these our existence rests, Strength and Health.

Elimination and Chemical Changes in the Human System

Our bodily substance through breathing is subject to a process of chemical combustion.

We must eliminate the products of combustion thru lungs, kidneys, bowels and skin. In order to keep our strength, we must replace what we consume during our mental and physical activities, at a time when we do not require strength, which time is during sleep.

Since physiological chemistry teaches us that the final product of combustion of our bodily sub-

stance in the oxygen we breathe, is dehydrated ammonium carbonate ($\text{N}_2\text{H}_4\text{CO}$) to which the name urea has been given, as it was first discovered in urine (which removes the burnt constituents dissolved in water from the circulation).

It is plain that this same urea, combined with combustible substances must form a basis of our tissues, and if continuously discharged through our kidneys, must be replaced through food, composed of the elements mentioned above, in order to keep our bodies normal.

Consequently, the whole secret to keep energy and health lies in the proper nourishment. That is to say, our food must contain enough of the above twelve mineral elements, besides all nitrogenous hydrocarbons in a harmonious process, to rebuild our body substance which is subject to a continuous change.

Incomplete Text Books

This simple truth is not taught in our physiology. Our text books do not consider the mineral elements in our structure at all important. Our teaching of the composition of animal and plant life, that is carbon, oxygen, hydrogen and nitrogen are very incomplete.

Not only should we combine the above twelve mineral elements with carbon and nitrogen, but their organic combination forms the most fundamental substance in our body and without them (the body frame forming elements) plant and animal growth is impossible.

Now we will find out what part the single mineral elements play. We must comprehend that the

lack of any of these must lead to physical and mental insufficiency. In other words, we must bring repair material to the parts from which the mineral elements have been consumed, if the human structure is to keep its highest capability and maintain health.

At present, according to statistics, the leading elements in the composition of our food are protein (nitrogenous food), carbohydrates (starches and sugars), hydrocarbons (fats).

What is the cause of the large increase of cases of Cancer, which in 1917 claimed 100,000 people; Tuberculosis, 110,285; Bright's Disease, 78,000; and Heart Disease, 115,337.

Mineral Elements Are the Fundamentals of Life

Our plant life raised in soil poor in minerals is underdeveloped and easily subject to decay. Why can't we raise fruit in our wonderful fruit belt, free from spots, like they do in the western part of our country in the lava soil, or in the valleys which are flooded every spring with the disintegrated stonemeal, washed down from the hills?

If we carry the minerals away from the soil in the crops, we must replace them, otherwise the structure of the new plant will be abnormal.

Everybody should be able to see that if all twelve minerals are used every year and not replaced, the soil will soon become deficient in them, as they cannot last forever.

Usually after a crop which had short roots the farmer plows deep, the purpose is to bring the new earth (minerals) to the top. After a crop of potatoes or corn has been planted, the soil is given a

rest in order to recuperate. Clover, especially alfalfa, is sown. Why? The roots penetrate as far down as eighteen feet and carry the minerals to the top. The farmer calls this giving the soil a rest, but the truth is, that the soil is restored to its equilibrium.

Farmers Should Know the Chemistry of the Soil

We are trying to replace the minerals with potassium, phosphoric acid and nitrogen. But the fact holds true, that which is removed, must be replaced if a normal structure is desired.

For an example, suppose you break a window in your house, you must, in order to make the window as it was before, repair it with the elements of which it was composed (glass). If the plaster falls from your walls or ceiling, you must replace it with plaster. If one brick should fall from your chimney, you cannot put two bricks in its place. Neither can you put glass in your chimney in place of brick or plaster in place of the glass in your window, nor glass in place of the plaster in your ceiling.

If you have a defective part in your machine, you must replace it with a repaired or new part in order to have a perfect machine. So it is with our soil, plant and animal bodies.

The farmer who boasts of the fine results he obtains from using stable manure, has results where the bedding of his cattle was composed largely of straw, which is rich in mineral elements, thereby bringing back some of the elements which were taken away in oats, wheat, barley and rye crops.

Perhaps some of you will wonder what this has to do with us as individuals. I am not a farmer nor

am I in the agricultural business. But you and yours depend upon food and it is your duty to see whether or not your food receives right influences during its development and during its commercial handling, which is constructive or destructive. These illustrations are used to show that all life is subject to the law of supply and demand.

The elements which are necessary for the building of a plant are just as necessary for the animal body, but what a plant is developed on is not sufficient for the human body. A plant requires no blood, only water, contrary to the human and animal bodies, as is the character of the nitrogenous food which does not contain enough mineral elements. The result is chemical decomposition of the blood and lymph protein. This is the cause of tubercular cattle. Food which comes from poor soil, lacking in minerals, does not contain a normal structure and therefore cannot make the right material (blood) for the cattle.

Why Children Get Sick

Our children whom we intend to raise on milk from wrongly fed cows succumb in their early life to all kinds of diseases, especially diphtheria. If the children are fed on milk, poor in lime and iron, which has been diluted about one-fourth water, we will produce a chemical decomposition of the lymph protein which brings a disease known as smallpox. The cause of tuberculosis is the excess of protein food eaten by the cattle, and which is insufficient on lime, iron, sodium, sulphur, etc. In our own human society there is the same fault, an excess of protein food.

Our lungs are not the only organs which represent abnormal development. Every organ which consumes energy, that is, breaks down cells and tissues, if they are not rebuilt with the necessary constituencies, is subject to abnormal conditions (disease).

Wrong Supply

The lymphatic system of our bodies is like a railroad system with junctions, having many roads entering these junctions: no one can say where it begins or where it ends. The beginning is everywhere as it should be, with an intermediate factor between blood material and nerve substance.

Now then if the Lymphatics with their relay stations (the Lymphatic gland) have the important mission of draining from two million mouths (the lacteals) the chyle for the purpose of supplying fresh material to the blood and nervous system, and to all parts of our bodies, it is easy to understand that an organ will never become diseased unless the nutrition is wrong. On the contrary, the result in many manifestations is that the organs lose their regular healthy combinations.

Therefore, such symptoms as degeneration of liver, kidneys, uterus, ovaries, mammary glands, etc., can be traced back to the cause of **WRONG SUPPLY**.

Confusing Advices by Scientists About Protein

Food physiology has shown that our bodies need protein, fats, carbohydrates (starches and sugars) and mineral salts for its repair and rebuilding material. Many have studied the chemical problem of the building of our body, but they do not

seem to know how much protein the human body needs for its existence. About thirty years ago it was necessary to eat at least one hundred and thirty grams of protein in order to live. Then it came down to 120, 100, 80 and then Hirschfeld came down to 40 grams a day and proved that with such quantities people kept well.

We know that carbohydrates act as fuel or heat or in other words as working material for our body. The fat, it is claimed, we can do without in case of emergency. The minerals are always placed last and in many cases are not even mentioned. In Anemia, it is claimed, there is a lack of iron. In the case of Rickets, the cause is lack of Calcium (lime). How long will it take for our professional men to see the protein folly?

A person with diseased kidneys, can discharge large amounts of albumen. A sick person can become emaciated to the bone, but as long as the bone structure remains solid, the body in many cases builds up in a short time, without any food, theoretically short on protein.

Symptoms of Too Much Protein

Why does the cow in the barn, fed on protein food become emaciated and when taken out into pasture, living on grass, get fat? Food rich in minerals gave her the concrete structure. It is to our body, as the mortar is to the brick. You can put one brick upon another and have a wall, but it has no resistance, for you can push it over. But as soon as you put a little binding material in between, the brick wall becomes solid. The same holds true in our body. Look at all our protein eaters, big bodies, but the only place where they have endurance is at

the table. In any other place of action you will find them in the audience. These are the men and women who are called the pictures of health and who fall over in the prime of life, and, without even a warning signal, die.

Angina Pectorus (choking of the heart) is the diagnosis in such cases, but protein oversupply and mineral undersupply would be a better diagnosis. It is indeed sad that we use our minds and thoughts for everything with the exception "Our Own Body."

Science has conquered the depth of the ocean, thousands of feet up into the air, way down into the earth, the hottest as well as the coldest, the driest and most humid atmospheric influences of nature. But the diseases are increasing. The average life of our brothers and sisters is getting shorter each year. Why?

Some tell us to eat only fruits and nuts, others tell us only vegetables and not meat. But what about the hunter living mostly on meat and exposed to all kind of weather? He is more alert than many of our vegetarians. Why is it that tuberculosis is increasing in our stock farms, the same as it is increasing in our human family? It certainly is not lack of sanitation, for the environments of many of the cattle could well be used as an example for many of our homes. No, it is in the cattle, the same as it is in the human, food fundamentals. Protein is what we need to break milk records with and milk and eggs are the cry for our patients. But, we must remember that protein is chemically composed of carbon, oxygen, hydrogen, nitrogen, phosphates and sulphates, six negative acid-producing elements. They are the cause of carbonic, phosphoric, sulphuric, uric, oxalic and many other acids in our system.

Ammonia in Our Body is Formed Due to Insufficient Basic Minerals

I must confess that it is not an easy problem for the professional man as well as the laity to make a proper combination of food on the confusing figures which our food scientists give out. A very eminent scientist comes to the conclusion that Chlor is always combined with Kali or nitric and is almost exclusively discharged through the kidneys. So is phosphorus and sulphur in our food almost completely combusted to phosphoric and sulphuric acids, and these acids before they are discharged through the bowels and kidneys, combine with inorganic bases and are neutralized. In a case where the organism is insufficiently supplied with inorganic bases, ammonia is formed as a self-help of the body and is used to neutralize the acids which are formed, as though food were brought into our organism. In many text books we find the formation of ammonia in our body, explained as an economic factor for the purpose of saving the inorganic basis. This is not so. The formation of ammonia first takes place after the insufficient amount of basis will cause poor neutralization of acid elements and improper combustion. The appearance of ammonia is, therefore, less an indicator of an excess of acids than the insufficient amount of alkali which existed before the beginning of our life process, prepared for the life reactions in our organism. It has made fundamentals which require the most efficient uses of energy for the best end products. As soon as we change these fundamentals we find waste of energy, poor oxidation, i. e., albumen to urea, carbon and water

cause hydrolitic splits which form ammonia, ammoniac acid and indirectly are the cause of oxidation to uric acid.

We can analyze these if we reduce the bases in our food. First we increase the uric acid in the urine, then ammoniac and finally the ammoniac-acids are increased. The conclusion is, that, if we feed the organism too much phosphorus, sulphur, chlor or in other words an insufficient amount of basic elements, the organism whether plant, animal or human will become sick.

A lasting healthy food must contain sufficient inorganic basis with which the body is able to neutralize the acids which are formed in the organism. Therefore, in selecting food, it is necessary to consider acid-binding materials, whether positive, neutral or negative in character.

The following table will explain our wrong system of food economy. We throw away the basic elements containing the acid splitting principles which are found in the outer leaves of the plant and eat the acid-producing elements which are found in the tender or inner part of the plant.

For example—Green Kale in March—

	Bases (positive)	Acids (negative)
Outer leaves	24.01	22.67
Inner leaves	25.93	29.98
Butts	31.40	39.98

Asparagus—

Heads	19.41	33.85
Stem	8.21	5.14

The roots of fruits and all vegetables have a large amount of positive bases, with but a few exceptions.

As vegetables turn to seed, the acid-producing element is increased, as the above illustration shows. (See also the table on green beans and peas.)

Normal Food, Milk and Blood, Have More Acid-Splitting Than Acid-Producing Elements

All normal blood contains a surplus of basic minerals, but all tests made on meat regardless from what class, showed a large surplus of acids (see food table). The same is true of eggs. The natural food of mammals, the milk, contains more basis than acids. The beast, the meat-eating animal, shows a surplus of acid which must be explained in the large amount of protein which the mother animal consumes.

According to analysis, the human milk, a staple food for the body, contains about 15 to 30 per cent. per thousand more basic elements and the same percentage seems to be necessary for adults. We find all dairy products rich in basis if they are poor in protein and fat and vice versa.

Seed Food Is Acid-Producing

All dry seed foods contain, due to their large amount of protein, a surplus of acid-producing elements with the exception of carroway, chestnuts and acorns. Flour manufactured from cereals has more acid than basis, the same is true of bread and macaroni. All edible roots show a surplus of basis, the foremost is the potato. Positive basic minerals, we

find in all vegetables with a few exception. Cauliflower is positive, all legumes as long as they are young belong to the vegetable class and are positive in basic minerals (young peas and beans). But as soon as they turn into the reproducing elements (seeds) they become negative (surplus acid).

Fruit is rich in basic minerals, an exception is the cranberry, which contains much sulphur and thus becomes negative. All nuts are negative, due to the large amount of protein and fat.

The reader in considering food has one important fact to contend with, and that is the use or the abuse of food while preparing or combining it. Raw food which cannot be digested, is, in many ways improved through cooking, in other cases it is denatured. Any browned fat is indigestible. Crusts if through baking are browned, are indigestible and in addition consume due waste energy to be eliminated, besides the disturbance it creates in the process of digestion. Combinations of phosphorus which could be used for the system, are, through cooking converted into useless phosphoric acid.

Influence of Heat upon Food

The value in cooking, is that it makes a tasteful and appetizing preparation and this is important because it creates an appetite. The most easily digested food will lay like a brick in the stomach, if eaten against the will or without appetite. Most of the alkaline elements are dissolved from the vegetables into the broth through the cooking process. While meat broth would give a surplus of acids, it would be rendered alkaline by cooking about 75 per cent, vegetables in it.

On the other hand, by cooking vegetables we dissolve the basic minerals in the broth, decreasing the percentage of bases and thereby making the vegetable rich in acid. This we can improve by using the broth instead of throwing it away. If it does not go well in today's meal, save it for tomorrow. Cooked-out vegetables are not much more than woody fibre or empty cells, and through the cooking-out process, we convert them from a useful into a damaging factor. Steam or fireless cooking or baking are best for those who cannot enjoy the vegetables in salad form, the natural or raw state.

Stable Manure a Damaging Factor

Another damaging factor is the influence upon our vegetables in our gardens or fields, of stable manure (deteriorating elements) which when eaten cause gases in many cases.

The over-stimulation of the soil with ammonia sulphate and super-phosphate, should be condemned, because the fast growing process of the plant will not allow the liquification and assimilation of mineral matter from the soil into the plant cells. The result is a negative mineral-containing vegetable, rich in phosphate, sulphate and chlor and little or no basis composed of potash, sodium, calcium, magnesia and iron oxide. This can be seen in the quick deterioration of the plant, after it is separated from the earth. The vegetable men can tell by the plant, which was grown in the hot house and which out of doors. Which had the natural and which had the stimulating influences. Another form of destruction is the bleaching process with sulphur on dried fruits, and in canned goods the addition of salicylic

acid which is used for commercial benefit. The addition of water which the vegetable takes in through cooking makes it about 20 per cent. less positive in minerals than the raw vegetable.

Mineral Elements Positive, Protein Negative

Could it be possible that the mineral elements are more positive than the protein? Not only is the human family suffering from the protein theory but also the animal and plant life. Many patients come to my office who have been advised by their physicians to take about 70 per cent. of their meal composed of protein, while all analyses of blood (the only standard food) show from one-fifth to one-sixth per cent. of protein.

The close analysis of mothers' milk shows only 1.9 protein and this is not only a food which repairs and rebuilds as is needed for the grown body, but also builds new cells and tissues in the growing body. Healthy bodies are fed sick, the sick ones are fed to death with an excess of protein. The plants are fed with nitrogenous fertilizer which stimulated the plant upward. In analyzing the plant, phosphoric acid and potash were found as the main factor and consequently they were the most important factor when it came to select the nutrition for the plant. What is the result?

In diseased plants we find one parasite after another eats the chemically wrong combined plant because the abnormal condition in a plant is the best place for the disease germ to thrive. Identically the same as we have epidemics in the wrongly fed human family, we have them in the wrongly nourished plants. In the one catarrh, ulcer, tuberculosis and

cancer, in the other, potato plagues and other plant diseases. What is missing?

Mineral elements. How can we make bone without phosphorus and carbonate of lime? What does iron mean to our blood corpuscles? What is the blood serum without sodium phosphate and sodium carbonate? Is it not a fact that sulphur makes our protein elements what they are in our organism. Without phosphorus we cannot have Lecithine which is one of the main elements in our brain.

Food Requirements Differ in Human and Animal Characters as Well as in Atmosphere

How much our bodies need of these elements after they have been filtrated through the influences of sunlight and oxygen, depends upon the different functions and atmospheric influences.

One child takes one quart of milk as an average and a second takes one quart and one-half, both keep well. If the first child were forced to take the amount the second child takes, he would become ill due to over-feeding, and so it is with adults. Some eat enough food to satisfy two or three of a moderate type and apparently seem to be well. It is not what we eat that keeps us alive, but what we DIGEST. Many children and adults are fed sick by living according to specific regulations, which is wrong. When must we eat? Natural or physiological hunger is the only natural call when our digestive apparatus is ready to receive food. It is unreasonable to force a child to eat at the table when either lunch or dinner is served, when it already has had its hunger satisfied by following the instincts

in eating the food before mother has cooked it, for instance, the raw carrot, potato or the core of the cabbage (which mother generally throws away) and thereby getting the lime, magnesia, iron and soda before the vegetables were cooked out.

Do Not Eat to Live

People living in the mountains eat about one-fifth of the food which people eat who live in cities. Of course, they don't suffer from obesity (fatty deposits). They don't choke up their organs with morbid deposits and then have them cut out. They eat to live, hence their endurance and long life.

During my travel to Europe in 1920, I saw young men and girls walking to physical contests over mountains for hours and all they lived on was war bread made from dry beans, oats, straw and leaves from herbs that they had plucked while going along the road. They sang on their way to the contest and sang going home at about twelve o'clock at night, and all this on what little nutrition they had.

Try to get a person who lives to eat, to sing a song or take a long walk through the hills, after their meal, you will find the answer a shout of welcome response. Why? Singing and walking, especially over the hills, consumes energy. and in the case of the above-mentioned person, the digestive organs consume for their function all the blood the system is able to spare. The brain becomes anemic, hence the reason for falling to sleep after meals, when they try to read a newspaper whose headlines are enough to wake up any half-normal person. We are not living on what we eat, but on what we DIGEST.

How many normal bodies do we find in the human family? Up to twenty-five or thirty years some are able to keep their reserve energy in the normal forms, but then they either turn into fatty deposits or emaciation, decaying of teeth, cold hands and feet, headaches, pains in the back, etc. A well-built body, full of pep, is a rarity after forty.

Much destruction is caused from eating food too hot, and thus harming the teeth and the lining of the alimentary canal. One-third of our food is what we need to keep our bodies normal and the other two-thirds, we waste, to make our bodies abnormal. We are spending too much time and money to make our animals perfect, we learn by experiment through proper food and care how beautifully their bodies develop, but we never give a thought to apply the same to our body. The human body is the most abnormal, of any living species whether plant or animal. The result is mental and physical degeneration.

What a Beautiful Body Needs

A beautiful body is the result of a harmonious design (right thought), proper material (food) and constructive mechanical influences upon them, right digestion, or in other words, what you think you look, what you look you do, what you do you are. What was the terrible war but wrong thinking, the result of wrong living? We keep on building larger hospitals for the sake of health. Insanity is increasing and the growing records of criminals certainly are not giving us the satisfaction that we are making a heaven about us.

The ideally beautiful man and woman, meaning inner and outer harmony, are but a vague vision. Our society cannot enjoy art, common sense, philosophy or constructive thinking. This is proof that our selection of food, also its combination is wrong. Proper food would yield correct action, that we must decrease the heavy protein supply and increase the leafy and underground vegetables, also salads and especially fruit in our menus. Of course, the excuse in many cases is, vegetables and fruit make us sick. It is not the natural food but the sickly conditions upon which the food with neutralizing elements act, as a cleansing process, and in many cases it is the fault of the so-called domestic science (cook). The most important action for our mothers is, for them to see that the food for their children is proper, natural and in the right combination.

Salads made from fruit, leafy vegetables, red and white cabbage, etc., are easily digested, especially if they are not prepared with vinegar. The bloating of our stomachs and intestines are caused by pathological fermentation (improper digestion). This will take place in most cases when the foods have lost their basic minerals—sodium, lime, magnesia, iron and potash, or are mixed with wrong combinations or are cooked out and thereby increase the acid-producing carbon, phosphorus and sulphuric acid. This is the same as taking the mortar (binding material) away from the bricks when building a house.

It is the minerals in the fruit and vegetables which neutralize the acid-producing elements. The acid reaction of the stomach has very little chance to act on food such as leafy vegetables which are rich

in basic minerals, such as the gastric juices in mammals prove.

Importance of Conscientious Food Mechanics (Cooks)

Another bad factor is the large doses of table salt with which we try to replace the very important organic salt which has been cooked out. We can lessen the bloating influences if we prepare the vegetable in such a way, that the minerals are not lost, such as steaming or with a fireless cooker. Use the heat to soften the vegetables, cutting them or grinding so that the heat can easily penetrate, 15-20 minutes afterward adding the proper dressings.

In order to eliminate the strong odor from certain vegetables, place them in hot water from five to ten minutes and in this short space of time the minerals will not have had time to be dissolved from the cells into the water.

It is the slow heating and boiling process which causes the elimination of the mineral salts.

Potatoes lose 28 per cent. of their minerals in boiling and seven per cent. in baking, spinach dissolves 16 per cent. of its minerals in the water in which it was cooked, according to Dr. Koenig, one of the best European authorities on food chemistry.

This shows that a very conscientious mechanic is needed to handle the material for our body (food).

All we need is three to four grams of table salt instead of 20 to 30 grams as we use in the average home.

Too Much Food, as Well as Wrong Combinations Mean Wasting Body Energy

Foods even if they are nutritious for our body should not be eaten in excess. Salads, fruits and nuts should be eaten as a meal and not as is usually done, eaten with meals in addition to meats, potatoes, bread, tea and coffee.

The above will not only give us sufficient food but it will also save the energy spent on the excessive food, which we can use to eliminate chronic morbid deposits. I don't wish to take away all the food which you particularly liked or that you craved for, but if they are acid-producing use them sparingly, as a side dish, and not as your main nutrition. When you are in a normal condition, as long as you keep 51 per cent. of the basic minerals, you may take 49 per cent. of the acid-producing and still keep the equilibrium in favor of health.

For instance, if you make a meal of peas, beans or lentils which have a large amount of vegetable protein, you may produce digestive disturbances, due to the acid-producing protein. This can be prevented if you take vegetable or fruit salads in such proportions so that the basic minerals in them are sufficient to neutralize the acid-forming elements.

Another bad practice is the use of vinegar which is the cause of many digestive disturbances, while the vegetable acids, such as lemon juice, will promote digestion. If, for instance, you prepare a cucumber salad using vinegar, you may create digestive disturbances which will last for days, if you prepare with lemon juice or olive oil, even a sick person can digest it, if properly chewed.

Nervous indigestion will not show as much gas when soups and meat are eaten, but the excess of acids in the system which is cause of semi-paralyzed bowels, is not removed until you bring the basic minerals, through proper food into your system. A little mechanical assistance, such as packs, massage, etc., will soon bring the nervous system its equilibrium again, especially if the food contains the proper elements, given in proportion to the energy in the digestive organs and is properly digested. The nutrition is finally brought through the blood stream to the nerves which hitherto had been withheld.

The study of the fundamental base of life is an honor to any human being because it is to the key to physical, moral and intellectual health. Of course, we must overcome much prejudice for many mistakes are made by those who undertake radical changes, such as are made from the animal to the vegetable protein (the meat eater to the vegetarian).

Who Lives the Best, the Natural or the Unnatural Eater?

The grass and vegetable-eating animals are well, have elasticity and endurance and are the strongest of all species. The berry-eating bird is very much alert because of the meatless diet. The poor bird in the cage, fed on seeds rich in protein, suffers bodily and finally dies of mineral starvation, because human ignorance deprives him of the mineral-containing greens. We find also, that the human being who favors the fruits and vegetables and eats cereals, legumes, nuts and meat, keep well, while those who reverse the process get sick because of excess protein as sure as their human brother who

lives exclusively on meat, bread, potatoes, coffee and tea.

To prove this examine the average traveling salesman with his chronic stomach, in the hotel or restaurant, he starts with a drink of ice water followed by a plate of soup with white bread, then another drink of water to quench his thirst, then two kinds of meat with potatoes and white bread, washed down with ice water. The salad and fruit he leaves untouched, because it forms acid in his stomach according to his theory. He smokes a cigarette or cigar while waiting for his coffee, which is poured over the acid producing combination, and then probably finishes with a dish of ice cream.

If you have a robust body to begin with, in about ten or fifteen years of such meals, you will be a chronic dispeptic in spite of all your reserve energy. Symptoms of high blood pressure, abnormal conditions of the heart making their appearance, uric acid deposits, arteriosclerosis (hardening of the arteries) and many more.

Drinking of Water

Instead of these life-shortening influences, we should take fruit in the morning, vegetables for dinner, the principle food should be green vegetables and salad with fruit as a dessert. Everything else should be taken as a side dish. No flushing with ice water or any other fluids, because they will dilute or wash away the chemicals which must penetrate into the food in order to separate the useful from the useless.

And here I would like to say a few words to the water drinker. If the natural filtrated water has

been poured from the natural vegetables after cooking and has lowered the percentage necessary for the body (78 per cent.) it must be replaced. But anyone who eats fruits and vegetables that have natural fluids, which have been filtrated through the influences of sunlight and oxygen, get all the liquid they need, about 85 per cent., and do not have to follow the advice of drinking with and after meals.

Why We Should Eat Our Smallest Meal at Night

After the daily activities our bodies are in a state of physiological enervation and morbid incumbrance.

In a tired body the blood supply is sluggish; loaded with waste matter; acting like a mud stream instead of a blood stream. The capillaries are semi-paralyzed. The pulse is increased. The temperature of the blood is higher. The secretions are reduced. The blood is loaded with carbon dioxide.

Such a body had very little reactive power, and as such, is not supplied with energy enough to manufacture sufficient chemicals for the digestive glands, which are needed for the separation of the useful from the useless elements in food. In other words, for the support of physiological digestion.

No animal will eat when exhausted, except the human being. Our system of eating the biggest meal when we are lowest in energy is wrong.

Sunset is the natural signal to stop using energy in the external parts of our body. It is the time to rest the conscious mind and to begin operating the sub-conscious mind upon the internal parts for repairing and rebuilding what has been used up during mental and physical activities.

Our push-button system has not promoted our physiological function but it has greatly contributed to our bodies' enervation by supporting unnatural life.

I have tried to give combinations of food in the following menus as they should be combined in order to show how psychological influences upon the digestive glands can be produced through artistic decoration and combination of many colors. That part of preparation I will leave to the skill of our domestic scientists.

Too many of our mothers do not know the necessities for their young ones. No natural animal will trust anybody with the care of their brood. The result is they live and grow. But the mortality of our children is increasing.

If our mothers will go back to nature, learn natural methods and then with natural influences our children and the race will become natural.

January 1st

BREAKFAST

Grapefruit and
Figs
Oatmeal

DINNER

Spinach Soup
Spinach
Cauliflower
Endive and Beet
Salad
Potatoes
Baked Apple
Cream

SUPPER

Corn Muffins
Fruit Salad
Cream

January 2nd

BREAKFAST

Orange Juice
Prunes, Apricots
Cornmeal

DINNER

Tomato Soup
Stewed Yellow
Turnip
Lettuce Salad
Baked Potatoes
Fruit

SUPPER

Rice with Apples
or Raisins
Milk

January 3rd

BREAKFAST

Sliced Orange
Rolled Oats and
Figs
Milk

DINNER

1/2 Grapefruit
Squash
Spinach
Lettuce Salad
Baked Potato
Fruit

SUPPER

Milk
Cottage Cheese
Raisins, Nuts
Wheat Muffins

January 4th**BREAKFAST**

Grapefruit
Dates, Apples
Nuts (2 oz.)

DINNER

Vegetable Soup
(thick)
Brussels Sprouts
Endive and Beet
Salad
Potatoes
Fruit

SUPPER

Fruit Salad
Muffins and
Butter

January 5th**BREAKFAST**

Orange
Oatmeal, Milk

DINNER

Grapefruit
Bean Soup
Lettuce Salad
Fruit

SUPPER

Baked Apples
Cream
Barley Muffins

January 6th**BREAKFAST**

Grapefruit
Prunes, Apricots
Oatmeal

DINNER

Vegetable Soup
(thick)
Endive and Beet
Salad
Fruit

SUPPER

Baked Apples
Raisins
Rice, Milk

January 7th

BREAKFAST	DINNER	SUPPER
Orange	Tomato Soup	Cottage Cheese
Cream of Wheat	Peas, Carrots	Watercress
Milk	Celery Salad	May'se Dressing
	Apple	Baked Potatoes
	Potatoes	
	Fruit	

January 8th

BREAKFAST	DINNER	SUPPER
Grapefruit	Pea Soup	Fruit Salad
Rolled Oats	(thick)	Cream
	Lettuce Salad	Muffins
	Fruit	

January 9th

BREAKFAST	DINNER	SUPPER
Orange	Spinach Soup	Rice
Rolled Oats	Spinach	Apples
Milk	Yellow Turnip	Raisins
	Stewed	Milk
	Endive and Beet	
	Salad	
	Fruit	

PROPER NUTRITION

January 10th

BREAKFAST	DINNER	SUPPER
Orange	1½ Grapefruit	Cottage Cheese
Puffed Rice with Milk	Bean Soup	on Apples, Raisins, Lemon
	Apple and Celery Salad	Corn Muffins
	Fruit	

January 11th

BREAKFAST	DINNER	SUPPER
Orange	Tomato Soup	Watercress
Oatmeal, Milk	Spinach or Cauliflower	Baked Apple
	Endive and Beet Salad	Wheat Muffins
	Rice or Potatoes	
	Fruit	

January 12th

BREAKFAST	DINNER	SUPPER
Grapefruit	Lima Beans	Baked Apple
Figs	Squash	Honey, Nuts
Cream of Wheat	Lettuce Salad	Cream
Milk	Fruit	Barley Muffins

January 13th

BREAKFAST	DINNER	SUPPER
Orange	1/2 Grapefruit	Poached Egg
Oatmeal, Milk	Creamed Carrots	on Toast
	Mashed Potatoes	Fruit Salad
	Endive and Beet	
	Salad	
	Baked Apples	
	Cream	

January 14th

BREAKFAST	DINNER	SUPPER
Grapefruit	Vegetable Soup	Cottage Cheese
Prunes, Apricots	(thick)	Watercress
or Bananas, Nuts	Lettuce Salad	Muffins
	Kale	
	Baked Potato	
	Fruit	

January 15th

BREAKFAST	DINNER	SUPPER
Orange Juice	Spinach Soup	Fruit Salad
Cornmeal, Milk	Spinach	Whipped Cream
	Squash	Whole Wheat
	Endive and Beet	Muffins
	Salad	
	Fruit	

January 16th**BREAKFAST**

Grapefruit
Rolled Oats
Milk

DINNER

Barley Soup
Cold Slaw Salad
(Cabbage)
Fruit

SUPPER

Apples with
Rice
Milk

January 17th**BREAKFAST**

Orange
Oatmeal
Milk

DINNER

Pea Soup
(thick)
Apple, Lettuce
and Celery
Salad
Fruit

SUPPER

Cottage Cheese
Watercress
Corn Muffins

January 18th**BREAKFAST**

Grapefruit
Figs
Nuts

DINNER

Vegetable Soup
(thick)
Green Beans
Squash
Endive and Beet
Salad
Fruit

SUPPER

Rolled Oats
Fruit

January 19th

BREAKFAST

Orange Juice
Cream of Wheat

DINNER

Celery Soup
Creamed Brussels Sprouts
White Turnip
Lettuce, Celery and Apple Salad
Fruit

SUPPER

Apples with
Rice
Milk

January 20th

BREAKFAST

Grapefruit
Prunes
Cornmeal

DINNER

1/2 Grapefruit
Baked Beans
Spinach
Lettuce and Tomato Salad
Apple Sauce
Raisins

SUPPER

Apple, Lettuce and Celery Salad
Poached Egg on Toast
Glass of Milk

January 21st

BREAKFAST

Orange Juice
Rolled Oats and
Milk

DINNER

1/2 Grapefruit
Rice Soup
Vegetable
Oysters
Endive and Beet Salad
Fruit

SUPPER

Watercress, Celery and Apple Salad
Barley Muffins
Glass of Milk

January 22nd

BREAKFAST	DINNER	SUPPER
Orange Juice Oatmeal, Milk	Spinach Soup Spinach Squash Lettuce Salad Fruit	Fruit Salad Cream Whole Wheat Muffins

January 23rd

BREAKFAST	DINNER	SUPPER
Grapefruit Prunes, Apricots Cream of Wheat	1/2 Grapefruit Pea Soup (thick) Cabbage Salad Fruit	Rice, Apples, Raisins, Milk

January 24th

BREAKFAST	DINNER	SUPPER
Orange Juice Cornmeal, Milk	Vegetable Soup (thick) Lettuce, Celery and Apple Salad Sweet Potatoes Fruit	Cottage Cheese Watercress Muffins

January 25th

BREAKFAST	DINNER	SUPPER
Grapefruit	Celery Soup	
Banana, Apple	Stewed Yellow	
Nuts (1 oz.)	Turnip	Rolled Oats
	Endive and Beet	Fruit
	Salad	
	Apple Sauce	
	Raisins	

January 26th

BREAKFAST	DINNER	SUPPER
	$\frac{1}{2}$ Grapefruit	
Orange, Figs	Lima Beans	Baked Apples
Nuts (1 oz.)	Squash	Cream
	Lettuce, Celery	Whole Wheat
	and Apple Salad	Muffins
	Fruit	

January 27th

BREAKFAST	DINNER	SUPPER
$\frac{1}{2}$ Grapefruit	Vegetable Soup	
Prunes, Apricots	(thick)	Cottage Cheese
Cream of Wheat	Lettuce Salad	on Apples
	Sweet Potatoes	Corn Muffins
	Fruit	

January 28th**BREAKFAST**

Orange
Rolled Oats
Milk

DINNER

Potato Soup
Creamed Peas
Creamed Carrots
Endive and Beet
Salad
Fruit

SUPPER

Rice
Apple
Raisins
Milk

January 29th**BREAKFAST**

Glass of Orange
Juice
Cornmeal, Milk

DINNER

½ Grapefruit
Soup of Vegetable
Broth
Spinach or
Cauliflower
Lettuce Salad
Fruit

SUPPER

Fruit Salad
Cream
Whole Wheat
Muffins

January 30th**BREAKFAST**

Grapefruit
Prunes, Apricots

DINNER

½ Grapefruit
Bean Soup
(thick)
Endive and Beet
Salad
Apple Sauce
Raisins

SUPPER

Rolled Oats
Fruit

January 31st

BREAKFAST

Orange Juice
Figs, Apples
Nuts (2 oz.) or
Oatmeal, Milk

DINNER

Vegetable Soup
(thick)
Lettuce, Celery
and Apple Salad
Fruit

SUPPER

Apples and Rice
Milk
Barley Muffins

February 1st

BREAKFAST

Grapefruit
Rolled Oats
Milk

DINNER

Brussels Sprouts
Stewed Yellow
Turnips
Endive and Beet
Salad
Baked Apple

SUPPER

Cottage Cheese
on Apples, Rai-
sins, Lemon
Corn Muffins

February 2nd

BREAKFAST

Orange Juice
Figs
Cornmeal, Milk

DINNER

Celery Soup
Squash
Cabbage and
Nut Salad
Sweet Potatoes
Apple Sauce

SUPPER

Fruit Salad
Cream
Cornmeal
Muffins

February 3rd

BREAKFAST	DINNER	SUPPER
Grapefruit	1/2 Grapefruit	
Oatmeal	Lima Beans	Rolled Oats
Milk	Spinach	Fruit
	Endive and Beet	
	Salad	
	Fruit	

February 4th

BREAKFAST	DINNER	SUPPER
	Tomato Soup	
	Kale	Baked Apples
Orange	Creamed Yellow	Cream
Cornmeal	Turnips	Whole Wheat
Milk	Iceberg Lettuce	Muffins
	Salad	Butter
	Fruit	

February 5th

BREAKFAST	DINNER	SUPPER
	Soup of Veget- able Broth	
Grapefruit Juice	Spinach or Cauli- flower	Fruit Salad
Cream of Wheat	Baked Potatoes	Muffins
Milk	Lettuce and Fruit Salad	

February 6th

BREAKFAST	DINNER	SUPPER
Orange	1/2 Grapefruit	Cottage Cheese
Rolled Oats	Peas, Carrots	Corn Muffins
Milk	and Parsley	Baked Apples
	Creamed	Milk
	Apple and Cel-	
	ery Salad	
	Fruit	

February 7th

BREAKFAST	DINNER	SUPPER
Grapefruit	Barley Soup	Watercress
Prunes, Apricots	(thick)	Poached Egg
Cornmeal, Milk	Curly Cabbage	Toast
	Creamed	
	Endive and Beet	
	Salad	
	Fruit	

February 8th

BREAKFAST	DINNER	SUPPER
Orange Juice	Vegetable Soup	Apples
Oatmeal, Milk	Parsnips	Raisins
	Lettuce Salad	Rice
	Fruit	Milk

February 9th**BREAKFAST**

Grapefruit
Prunes or Figs
Apricots
Cornmeal, Milk

DINNER

Stewed Yellow
Turnips
Iceberg Lettuce
or Beet Salad
Fruit ,

SUPPER

Fruit Salad
Barley Muffins
Glass of Milk

February 10th**BREAKFAST**

Orange Juice
Rolled Oats
Milk

DINNER

1/2 Grapefruit
Peas and Carrots
Creamed
Endive and Beet
Salad
Baked Potato
Apple Sauce
Raisins

SUPPER

Watercress
Poached Egg
Toast
Glass of Milk

February 11th**BREAKFAST**

Orange Juice
Prunes
Cream of Wheat

DINNER

1/2 Grapefruit
Vegetable Soup
(thick)
Iceberg Lettuce
Salad
Fruit

SUPPER

Rice and Milk
Apples and Milk
Raisins and Milk

February 12th

BREAKFAST	DINNER	SUPPER
Orange Juice Long Walk	1/2 Grapefruit Spinach or Cauliflower Baked Potatoes Lettuce or Celery Salad Fruit	Fruit Salad Barley Muffins

February 13th

BREAKFAST	DINNER	SUPPER
Orange Juice Figs Nuts (1 oz.) or Cereal and Milk	1/2 Grapefruit Lima Beans Parsnips Iceberg Lettuce or Beet Salad Baked Apple	Watercress Whole Wheat Muffins Glass of Milk

February 14th

BREAKFAST	DINNER	SUPPER
Orange Juice Oatmeal Milk	Cauliflower Stewed White Turnips Lettuce or Celery Salad Fruit	Rice Apples Raisins Milk

February 15th

BREAKFAST	DINNER	SUPPER
Orange Juice	1/2 Grapefruit	
Figs	Vegetable Soup (thick)	Watercress or Celery Salad
Cornmeal, Milk	Cabbage, Nut or Grated Carrot Salad	Milk Muffins
	Fruit	

February 16th

BREAKFAST	DINNER	SUPPER
Orange Juice	1/2 Grapefruit	
Rolled Oats	Pea Soup (thick)	Fruit Salad
	Iceberg Lettuce Salad	Cream
	Beet Salad	Barley Muffins
	Fruit	

February 17th

BREAKFAST	DINNER	SUPPER
Orange, Figs	1/2 Grapefruit	
Banana, Nuts (1 oz) or Buttered Toast (Walnut Bread)	Lima Beans	Watercress
	Vegetable Oysters	Poached Eggs
	Lettuce or Celery Salad	Toast
	Baked Apple Cream	Glass of Milk

February 18th

BREAKFAST

DINNER

SUPPER

Orange
Rolled Oats
Milk

1/2 Grapefruit
Vegetable Soup
(thick)
Iceberg Lettuce
and Beet Salad
Salad
Fruit

Rice
Apples
Raisins
Milk

February 19th

BREAKFAST

DINNER

SUPPER

Orange, Figs
Oatmeal, Milk

1/2 Grapefruit
Spinach or
Brussel Sprouts
Baked Potato
Lettuce or
Celery Salad
Fruit

Fruit Salad
Cream
Barley Muffins

February 20th

BREAKFAST

DINNER

SUPPER

Orange Juice
Cornmeal, Milk

1/2 Grapefruit
Celery Soup
Green Beans
Squash
Iceberg Lettuce
Apple Sauce
Raisins

Watersress,
Apple or
Celery Salad
Corn Muffins

February 21st

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots or Cream of Wheat	$\frac{1}{2}$ Grapefruit Creamed Carrots Cabbage Salad Baked Potato Fruit	Cottage Cheese Apples , Barley Muffins

February 22nd

BREAKFAST	DINNER	SUPPER
Orange Oatmeal Milk	Spinach Soup Spinach Stewed Yellow Turnip , Iceberg Lettuce or Beet Salad Fruit	Apples and milk or Rice and Milk

February 23rd

BREAKFAST	DINNER	SUPPER
Orange Apricots or Banana Nuts (1 oz.) or Buttered Whole Wheat Toast ,	$\frac{1}{2}$ Grapefruit Lima Beans Oyster Plant Lettuce or Celery Salad Fruit	Watercress Poached Eggs Toast Baked Apples Cream

February 24th

BREAKFAST	DINNER	SUPPER
Orange Juice Rolled Oats Milk	1½ Grapefruit Cauliflower Squash Iceberg Lettuce and Beet Salad Potatoes Apple Sauce Raisins	Rice Apples Raisins Milk

February 25th

BREAKFAST	DINNER	SUPPER
Orange Juice Prunes, Banana Nuts (1 oz.) or Buttered Toast	½ Grapefruit Vegetable Soup (thick) Lettuce and Celery Salad Baked Potatoes Fruit	Watercress Whole Wheat Muffins Milk

February 26th

BREAKFAST	DINNER	SUPPER
Orange Juice Oatmeal, Milk	Spinach Soup Spinach Creamed Carrots Iceburg Lettuce and Beet Salad Fruit	Fruit Salad Cream Barley Muffins

February 27th

BREAKFAST	DINNER	SUPPER
Orange Juice Banana, Apple Nuts (1 oz.) or Buttered Toast	1/2 Grapefruit Lentil Soup (thick) Lettuce and Celery Salad Fruit	Watercress Eggs on Toast Glass of Milk

February 28th

BREAKFAST	DINNER	SUPPER
Orange Juice Oatmeal Milk	Curly Cabbage Stewed White Turnip Iceburg Lettuce and Beet Salad Baked Apples Cream	Rice Apples Raisins Milk

March 1st

BREAKFAST	DINNER	SUPPER
Orange Rolled Oats Milk	1/2 Grapefruit Pea Soup (thick) Iceburg Lettuce and Fruit Salad Fruit	Watercress Celery Baked Potatoes

March 2nd

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots, Banana or Buttered Toast	Vegetable Soup (thick) Endive and Beet Salad Baked Potatoes Fruit	Rice Apples Raisins Milk

March 3rd

BREAKFAST	DINNER	SUPPER
Orange Juice Cornmeal, Milk	$\frac{1}{2}$ Grapefruit Lima Beans Creamed Carrots Lettuce and Celery Salad Apple Sauce	Cottage Cheese with Nuts and Apples Muffins

March 4th

BREAKFAST	DINNER	SUPPER
Orange, Figs Apple, Nuts (1 oz.) or Buttered Toast	Spinach Soup Spinach Vegetable Oysters Iceburg Lettuce Salad Fruit	Fruit Salad Muffins

PROPER NUTRITION

March 5th

BREAKFAST

Orange
Oatmeal, Milk

DINNER

$\frac{1}{2}$ Grapefruit
Kale
Creamed Onions
Lettuce, Celery
or Apple Salad
Fruit

SUPPER

Watercress
Poached Eggs on
Toast
Glass of Milk

March 6th

BREAKFAST

Orange
Cereal

DINNER

Cauliflower
Stewed White
Turnip
Iceberg Lettuce
Salad
Fruit

SUPPER

Rice
Fruit
Milk

March 7th

BREAKFAST

Orange Juice
1 Banana, Figs
Nuts (1 oz.) or
Buttered Toast

DINNER

Spinach Soup
Spinach
Squash
Lettuce and
Celery Salad
Fruit

SUPPER

Cottage Cheese
on Apples
Corn Muffins

March 8th

BREAKFAST	DINNER	SUPPER
Orange Juice	1/2 Grapefruit	
Figs	Lima Beans	Watercress
Cream of Wheat	Carrots	Poached Eggs
Milk	Iceberg Lettuce	on Toast
	and Beet Salad	
	Apple Sauce	
	Raisins	

March 9th

BREAKFAST	DINNER	SUPPER
Orange	Vegetable Soup	Fruit Salad
Prunes, Apricots	(thick)	Whole Wheat
Rolled Oats	Baked Potato	Muffins
	Cabbage Salad	
	Fruit	

March 10th

BREAKFAST	DINNER	SUPPER
Orange Juice	1/2 Grapefruit	Watercress
1 Banana	Pea Soup (thick)	Celery
Nuts (1 oz.) or	Oyster Plant	Apple
Buttered Toast	Lettuce and	Salad
	Celery Salad	Baked Potatoes
	Baked Apple	

March 11th

BREAKFAST	DINNER	SUPPER
Cup of Sage Tea	1/2 Grapefruit	Fruit Salad
Honey	Green Beans	Corn Muffins
	Squash	Glass of Milk
	Iceberg Lettuce	
	Salad	
	Fruit	

March 12th

BREAKFAST	DINNER	SUPPER
Orange	Celery Soup	Rice
1 Banana, Figs	Brussel Sprouts	Apples
Nuts (1 oz.) or	Stewed White	Raisins
Buttered Toast	Turnips	Milk
	Lettuce and	
	Celery Salad	
	Fruit	

March 13th

BREAKFAST	DINNER	SUPPER
Cup of Herb Tea	1/2 Grapefruit	Watercress
Honey	Spinach	Celery and
	Squash	Apple Salad
	Iceberg Lettuce	Whole Wheat
	and Beet Salad	Muffins
	Fruit	Glass of Milk

March 14th

BREAKFAST

Orange, Figs
Nuts (1 oz.) or
Buttered Toast

DINNER

Vegetable Soup
(thick)
Cabbage Salad
Baked Potato
Fruit

SUPPER

Cottage Cheese
on Nuts and
Apples ,
Muffins

March 15th

BREAKFAST

Orange
Prunes, Apricots
1 Cup of Herb
Tea and Honey

DINNER

1/2 Grapefruit
Kale ,
Stewed White
Turnips
Lettuce and
Celery Salad
Apple Sauce
Raisins

SUPPER

Watercress
Poached Eggs
on Toast

March 16th

BREAKFAST

Orange Juice
1 Banana, Figs
Nuts (1 oz.) or
Buttered Toast

DINNER

1/2 Grapefruit
Lima Beans
Iceberg Lettuce
and Beet Salad
Fruit

SUPPER

Farina, Milk
Baked Apple
Cream

March 17th

BREAKFAST	DINNER	SUPPER
	1/2 Grapefruit	
	Pea Soup (thick)	
Cup of Herb Tea	Vegetable	Watercress
Honey	Oysters	Milk
	Lettuce and	Corn Muffins
	Celery Salad	
	Fruit	

March 18th

BREAKFAST	DINNER	SUPPER
	Spinach Soup	
	Spinach	
Orange Juice	Squash	Fruit
Dates, Apple	Iceberg Lettuce	Whole Wheat
Nuts (1 oz.) or	or Beet Salad	Muffins
Buttered Toast	Baked Apples	
	Cream	

March 19th

BREAKFAST	DINNER	SUPPER
	1/2 Grapefruit	
	Vegetable Soup	
	(thick)	Cottage Cheese
Orange Juice	Cabbage Salad	on Apples
Figs, Dates	Vegetable	Whole Wheat
Nuts (1 oz.) or	Oysters	Muffins
Herb Tea	Fruit	
Honey		

March 20th

BREAKFAST

Orange Juice
1 Banana
Nuts (1 oz.) or
Buttered Toast

DINNER

$\frac{1}{2}$ Grapefruit
Green Beans
Parsnips
Iceberg Lettuce
or Beet Salad
Fruit

SUPPER

Watercress
Apples
Celery
Salad
Baked Potato

March 21st

BREAKFAST

Orange Juice
Prunes, Apricots
or Herb Tea
Honey

DINNER

Curly Cabbage
Stewed White
Turnips
Lettuce and ,
Celery Salad
Apple Sauce
Raisins

SUPPER

Rice
Apples
Raisins
Milk

March 22nd

BREAKFAST

Orange
Raisins, Dates
or 1 Cup Herb
Tea

DINNER

$\frac{1}{2}$ Grapefruit
Spinach
Creamed Carrots
Iceberg Lettuce
or Beet Salad
Fruit

SUPPER

Watercress
Poached Eggs
on Toast

March 23rd

BREAKFAST	DINNER	SUPPER
Orange Juice 1 Banana Nuts (1 oz.) or Herb Tea	$\frac{1}{2}$ Grapefruit Pea Soup (thick) Celery and Lettuce Salad Apple Sauce Raisins	Cornmeal Baked Apples Milk

March 24th

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots or Herb Tea	Vegetable Soup (thick) Lettuce Salad Fruit	Watercress Celery Apples Salad Corn Muffins

March 25th

BREAKFAST	DINNER	SUPPER
Herb Tea Honey	Spinach Soup Spinach Squash Lettuce and Celery Salad Baked Apple Cream	Fruit Salad Whole Wheat Muffins

March 26th

BREAKFAST

Orange Juice
1 Banana, Figs
6 Walnuts

DINNER

Celery Soup
Brussel Sprouts
Creamed
Stewed White
Turnips
Lettuce Salad
Fruit

SUPPER

Lettuce
Celery
Apple
Salad
Baked Potato

March 27th

BREAKFAST

Orange
Prunes, Apricots
or 1 Cup
Herb Tea

DINNER

$\frac{1}{2}$ Grapefruit
Lima Beans
Vegetable
Oysters
Lettuce and
Celery Salad
Fruit

SUPPER

Cottage Cheese
on Apples
Corn Muffins

March 28th

BREAKFAST

Orange Juice
Figs
Nuts (1 oz.) or
Buttered Toast

DINNER

$\frac{1}{2}$ Grapefruit
Vegetable Soup
(thick)
Cabbage Salad
Baked Potato
Fruit

SUPPER

Rice
Apples
Raisins
Milk

March 29th

BREAKFAST	DINNER	SUPPER
Orange Juice	1½ Grapefruit	Watercress
1 Banana	Spinach	2 Eggs
6 Walnuts or	Parsnips	Toast
1 Cup Herb Tea	Iceberg Lettuce	
	or Beet Salad	
	Fruit	

March 30th

BREAKFAST	DINNER	SUPPER
Orange	1½ Grapefruit	
Prunes, Apricots	Pea Soup (thick)	Fruit Salad
or Buttered	Lettuce	Whole Wheat
Toast	Celery	Muffins
	Carrots	
	Salad	
	Fruit	

March 31st

BREAKFAST	DINNER	SUPPER
Orange Juice	Vegetable Soup	Watercress
6 Walnuts	(thick)	Celery and
1 Banana or	Iceberg Lettuce	Apple Salad
1 Cup Herb Tea	Salad	Corn Muffins
	Fruit	

April 1st

BREAKFAST

Herb Tea
Honey

DINNER

Spinach Soup
Spinach
Sweet Potatoes
Lettuce and
Celery Salad
Fruit

SUPPER

Fruit Salad
Barley Muffins

April 2nd

BREAKFAST

Orange
Prunes, Apricots
or Herb Tea

DINNER

Green Beans
Vegetable
Oysters
Endive and
Beet Salad
Baked Apples

SUPPER

Cottage Cheese
on Nuts and
Apples
Corn Muffins

April 3rd

BREAKFAST

Grapefruit
Dates

DINNER

Barley Soup
(thick)
Cabbage and
Carrot Salad
Fruit
Nuts

SUPPER

Watercress
Celery
Salad
Barley Muffins
Milk

April 4th

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	1½ Grapefruit Bean Soup (thick) Celery Salad Lettuce Apple Sauce Raisins	Rice Apples Raisins Milk

April 5th

BREAKFAST	DINNER	SUPPER
Orange 1 Banana or Herb Tea 6 Walnuts	1½ Grapefruit Spinach Squash Iceberg Lettuce Salad Baked Apple Cream	Cottage Cheese on Nuts and Apples Buttered Toast Corn Muffins

April 6th

BREAKFAST	DINNER	SUPPER
Grapefruit or Herb Tea Dates	1½ Grapefruit Lima Bean Soup Lettuce and Tomato Salad Fruit	Lettuce Celery and Apple Salad Barley Muffins

April 7th

BREAKFAST

Orange Juice
1 Banana
6 Walnuts or.
Buttered Toast

DINNER

Vegetable Soup
(thick)
Cabbage and
Nut Salad
Fruit

SUPPER

Rice
Fruit
Milk

April 8th

BREAKFAST

Herb Tea
Honey

DINNER

1/2 Grapefruit
Spinach Soup
Spinach
Squash
Lettuce and
Tomato Salad
Fruit

SUPPER

Fruit Salad
Barley Muffins

April 9th

BREAKFAST

Orange
Prunes, Apricots
or Buttered
Toast

DINNER

Curly Cabbage
Stewed Yellow
Turnips
Iceberg Lettuce
Salad ,
Apple Sauce
Raisins

SUPPER

Cottage Cheese
Apples and Nuts
Corn Muffins

April 10th**BREAKFAST**

1/2 Grapefruit
Dates

DINNER

Tomato Soup
Carrots or
Parsnips
Creamed
Lettuce Salad
Celery
Baked Apples
Nuts, Honey

SUPPER

Dandelions
Poached Eggs
on Toast

April 11th**BREAKFAST**

Orange Juice
Prunes, Apricots

DINNER

1/2 Grapefruit
Spinach or
Cauliflower
Vegetable ,
Oysters
Lettuce and
Tomato Salad
Fruit

SUPPER

Lettuce
Celery
Apples
Salad
Barley Muffins
Glass of Milk

April 12th**BREAKFAST**

Orange Juice
Figs
Nuts (1 oz.)

DINNER

1/2 Grapefruit
Green Beans
Parsnips
Iceberg Lettuce
Salad
Fruit

SUPPER

Dandelions
Poached Eggs
on Toast

April 13th

BREAKFAST

Grapefruit
Dates, Figs

DINNER

Rice Soup
(thick)
Cabbage and
Carrot Salad
Nuts ,
Baked Potato
Fruit

SUPPER

Lettuce
Celery
Apple
Salad
Barley Muffins
Glass of Milk

April 14th

BREAKFAST

Orange
Banana
Nuts (½ oz.)

DINNER

Vegetable Soup
(thick)
Lettuce and
Tomato Salad
Baked Apple
Nuts, Honey

SUPPER

Cottage Cheese
Apples
Corn Muffins

April 15th

BREAKFAST

Spring Tea
Honey

DINNER

Vegetable Broth
Spinach
Baked Potatoes
Lettuce and
Tomato Salad
Celery Fruit

SUPPER

Fruit Salad
Rolled Oats
Muffins

April 16th**BREAKFAST**

Orange
Prunes, Apricots

DINNER

½ Grapefruit
Brussel Sprouts
Stewed White
Turnips
Iceberg Lettuce
Salad
Fruit

SUPPER

Dandelions
Beets
Salad
Baked Potato

April 17th**BREAKFAST**

Grapefruit
Dates, Banana
Nuts (1 oz.)

DINNER

Rice Soup
Cabbage and
Nut Salad
Vegetable
Oysters
Fruit

SUPPER

Lettuce
Celery
Apples
Salad
Barley Muffins
Glass of Milk

April 18th**BREAKFAST**

Orange Juice
Apple
Nuts (½ oz.)

DINNER

Fruit Salad
String Beans
Stewed Yellow
Turnip
Lettuce and
Tomato Salad
Baked Potato

SUPPER

Dandelion Salad
Poached Egg
on Toast

April 19th

BREAKFAST

Orange
Figs
Nuts (1½ oz.)

DINNER

Vegetable Soup
(thick)
Head Lettuce
Salad
Radishes
Baked Potato

SUPPER

Cottage Cheese
on Apples
Raisins
Nuts
Lemon
Corn Muffins

April 20th

BREAKFAST

Orange Juice
1 Banana
6 Nuts

DINNER

½ Grapefruit
Bean Soup
(thick)
Lettuce and
Tomato Salad
Fruit

SUPPER

Lettuce
Apples
Celery
Salad
Baked Potato

April 21st

BREAKFAST

Orange
Prunes, Apricots

DINNER

½ Grapefruit
Peas and Car-
rots Creamed
Celery
Iceberg Lettuce
Salad
Fruit

SUPPER

Rice
Apple
Raisins
Rhubarb

April 22nd**BREAKFAST**

Spring Tea
Honey

DINNER

1/2 Grapefruit
Spinach
Baked Potato
Lettuce and
Tomato Salad
Fruit

SUPPER

Fruit Salad
Corn Muffins

April 23rd**BREAKFAST**

Orange Juice
Prunes, Apricots

DINNER

1/2 Grapefruit
Rice Soup
(thick)
Cabbage Salad
Carrots
Nuts, Fruit

SUPPER

Cottage Cheese
on Apples
Raisins
Barley Muffins

April 24th**BREAKFAST**

Orange
Dates, Raisins

DINNER

Vegetable Soup
(thick)
Watercress
Salad
Vegetable
Oysters
Fruit Desert

SUPPER

Rice
Fruit
Milk

April 25th

BREAKFAST	DINNER	SUPPER
Orange Juice	Tomato Soup	Dandelion Salad
1 Banana	Cold Slaw	Whole Wheat
Figs	(cabbage)	Muffins
Nuts (1 oz.)	Baked Potatoes	Milk
	Fruit	

April 26th

BREAKFAST	DINNER	SUPPER
	1/2 Grapefruit	
	Spinach or	Lettuce
	Cauliflower	Celery
Orange Juice	Lettuce Salad	Apples
Prunes, Apricots	Baked Potato	Salad
	Baked Apple	Milk
	Cream	Barley Muffins

April 27th

BREAKFAST	DINNER	SUPPER
	1/2 Grapefruit	
Orange	New Peas and	Rice
1 Banana	Carrots Creamed	Fruit
Figs	Lettuce and	Milk
Nuts (1 oz.)	Tomato Salad	
	Fruit	

April 28th**BREAKFAST**

Orange
Cereal, Milk

DINNER

Tomato Soup
String Beans
Head Lettuce
Radishes
Salad
Baked Potatoes

SUPPER

Dandelions
Poached Eggs
Corn Muffins

April 29th**BREAKFAST**

Herb Tta
Honey

DINNER

$\frac{1}{2}$ Grapefruit
Spinach Soup
Spinach
Baked Potatoes
Lettuce and
Tomato Salad
Fruit

SUPPER

Fruit Salad
Barley Muffins

April 30th**BREAKFAST**

Orange
1 Banana or
Cereal
Figs
Nuts (1 oz.)
Milk

DINNER

$\frac{1}{2}$ Grapefruit
Young Peas and
Carrots Creamed
Lettuce Salad
Fruit

SUPPER

Dandelion Salad
Poached Egg
on Toast

May 1st

BREAKFAST

Orange
Prunes, Apricots

DINNER

Celery Soup
Kale
Lettuce Salad
Radishes
Baked Potatoes
Fruit

SUPPER

Rice
Fruit
Milk

May 2nd

BREAKFAST

Orange
1 Banana
Nuts (1 oz.) or
Cereal, Milk

DINNER

Vegetable Soup
(thick)
Lettuce
Celery
Apple
Salad
Potatoes/
Fruit Salad

SUPPER

Watercress
Salad
Celery
Baked Potato

May 3rd

BREAKFAST

Orange
Prunes, Apricots

DINNER

Rice Soup
String Beans
Cucumber Salad
Potatoes
Fruit

SUPPER

Dandelion Salad
Poached Egg
on Toast

May 4th**BREAKFAST**

Orange
Apple, Nuts

DINNER

1/2 Grapefruit
Barley Soup
Cold Slaw
(cabbage)
Fruit

SUPPER

Cottage Cheese
on Apples
Raisins
Parsley
Lemon

May 5th**BREAKFAST**

Orange
Prunes, Apricot
or Buttered
Toast

DINNER

Celery Soup
Lima Beans
Carrots
Lettuce Salad
Fruit

SUPPER

Fruit Salad
Cream
Whole Wheat
Muffins

May 6th**BREAKFAST**

Orange Juice
Figs

DINNER

1/2 Grapefruit
Spinach
Asparagus
Jap Rice
Head Lettuce
Salad
Fruit Desert

SUPPER

Apple
Celery Salad
Poached Egg
on Toast

May 7th

BREAKFAST

Grapefruit
Figs

DINNER

Tomato Soup
Fresh Peas
Carrots
Creamed
Cucumber Salad

SUPPER

Dandelions
Poached Egg
Barley Muffins

May 8th

BREAKFAST

Orange
Prunes, Apricots
or Cereal, Milk

DINNER

1/2 Grapefruit
Creamed Onions
Baked Potato
Lettuce and
Tomato Salad
Fruit

SUPPER

Cottage Cheese
Watercress
Whole Wheat
Muffins

May 9th

BREAKFAST

Orange
1 Banana
Nuts (1 oz.)

DINNER

Vegetable Soup
(thick)
Iceberg Lettuce
Salad
Fruit

SUPPER

Rice
Fruit
Milk

May 10th

BREAKFAST	DINNER	SUPPER
Orange	1/2 Grapefruit	
1 Banana	Spinach	
Figs or	Potato	Dandelion
Buttered Toast	Lettuce and	Young Onions
	Tomato Salad	Baked Potato
	Fruit	

May 11th

BREAKFAST	DINNER	SUPPER
	1/2 Grapefruit	
	Vegetable Soup	Lettuce
	(thick)	Celery
Orange	Celery	Apple
Prunes, Apricots	Carrot	Salad
	Salad	Barley Muffins
	Nuts	Glass of Milk
	Fruit	

May 12th

BREAKFAST	DINNER	SUPPER
	1/2 Grapefruit	
	Fresh Peas	Dandelions
	Carrots	Cucumber
Grapefruit	Watercress	Poached Egg
Figs	Salad	on Toast
	Baked Apple	
	Cream	

May 13th

BREAKFAST

Cup of Herb Tea

DINNER

1/2 Grapefruit
Spinach
Asparagus
Baked Potato
Lettuce and
Tomato Salad
Fruit

SUPPER

Lettuce
Radish
Celery
Salad
Whole Wheat
Muffins
Milk

May 14th

BREAKFAST

Orange, Prunes
Nuts (1 oz.) or
Cereal, Milk

DINNER

1/2 Grapefruit
Beans
Carrots
Lettuce and
Beet Salad
Fruit

SUPPER

Cottage Cheese
Watercress
Barley Muffins
Glass of Milk

May 15th

BREAKFAST

Orange
Prunes, Apricots
or Buttered
Toast

DINNER

Rice Soup
Asparagus
Lettuce and
Tomato Salad
Baked Potato
Fruit

SUPPER

Dandelions
Poached Egg
on Toast

May 16th**BREAKFAST**

Orange
1 Banana
Nuts (1 oz.) or
Cereal, Milk

DINNER

½ Grapefruit
Lima Beans
Lettuce
Radish
Celery
Salad
Vegetable
Oysters
Fruit

SUPPER

Rice
Fruit
Milk

May 17th**BREAKFAST**

Orange
Prunes, Apricots

DINNER

Vegetable Soup
(thick)
Cabbage and
Carrot Salad
Nuts
Baked Potato
Fruit

SUPPER

Watercress
Salad
Corn Muffins
Glass of Milk

May 18th**BREAKFAST**

Orange
Banana, Figs

DINNER

Vegetable Soup
(thick)
Cauliflower
Baked Potato
Lettuce and
Tomato Salad
Fruit

SUPPER

Farina Soup
Fruit
Milk

May 19th

BREAKFAST

Orange
Apple, Nuts

DINNER

1/2 Grapefruit
Spinach
Squash
Iceberg Lettuce
Salad
Fruit

SUPPER

Cottage Cheese
Dandelions
Corn Muffins

May 20th

BREAKFAST

1 Cup Sassafras
Tea
Honey

DINNER

1/2 Grapefruit
Green Peas
Carrots
Tomatoes and
Lettuce Salad
Cucumber
Baked Potato
Fruit

SUPPER

Fruit Salad
Barley Muffins

May 21st

BREAKFAST

Orange
Prunes, Apricots

DINNER

1/2 Grapefruit
New Stewed
White Turnips
Lettuce Salad
Fruit

SUPPER

Watercress and
Beet Salad
Baked Potato
Milk

May 22nd

BREAKFAST	DINNER	SUPPER
Orange, Banana Nuts (1 oz.)	Vegetable Soup (thick) Carrot and Celery Salad Potatoes Fruit	Rice Baked Rhubarb Honey

May 23rd

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	1/2 Grapefruit Green Beans Vegetable Oysters Lettuce and Tomato Salad Fruit	Dandelion and Cucumber Salad Baked Potato

May 24th

BREAKFAST	DINNER	SUPPER
Orange, Banana Apple Nuts (1 oz.)	1/2 Grapefruit Peas Carrots Lettuce Radishes Young Onions Salad Rice Fruit	Watercress Celery Salad Baked Potato

May 25th

BREAKFAST

DINNER

SUPPER

Orange
Figs, Nuts or
Sassafras Tea

1/2 Grapefruit
Beet Tops
Vegetable
Oysters
Lettuce and
Tomato Salad
Fruit

Dandelions
Cottage Cheese
Corn Muffins

May 26th

BREAKFAST

DINNER

SUPPER

Orange
Prunes, Apricots
or Apple Tea

1/2 Grapefruit
Lima Bean Soup
Lettuce Salad
Baked Rhubarb

Watercress
Tomatoes
Onions
Baked Potatoes

May 27th

BREAKFAST

DINNER

SUPPER

1 Cup Herb Tea

Celery Soup
Spinach
Asparagus
Lettuce and
Tomato Salad
Baked Potato
Fruit

Strawberries
Cream
Barley Muffins

May 28th

BREAKFAST	DINNER	SUPPER
Orange, Banana Figs, Nuts	Vegetable Soup Lettuce Salad Baked Potato Rhubarb	Rice Fruit Salad

May 29th

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	1/2 Grapefruit Young Peas Carrots Lettuce and Tomato Salad Potatoes Fruit	Dandelions Poached Eggs on Toast Milk

May 30th

BREAKFAST	DINNER	SUPPER
Orange, Banana Raisins, Nuts	Baked Potato Beet Tops Wax Beans Lettuce Salad Fruit	Cottage Cheese Watercress Baked Potatoes

May 31st

BREAKFAST

Orange, Banana
Nuts (1 oz.) or
Cup Herb Tea

DINNER

1/2 Grapefruit
Peas
Lettuce and
Tomato Salad
Baked Potato
Fruit

SUPPER

Rice
Fruit
Milk

June 1st

BREAKFAST

Orange
Prunes, Apricot

DINNER

Spinach
Kohlrabi
Baked Potatoes
Lettuce and
Tomato Salad
Fruit

SUPPER

Watercress
Celery
Radishes
Baked Potato

June 2nd

BREAKFAST

Orange
Prunes, Banana
or Cup Herb Tea

DINNER

Rice Soup
(thick)
Lettuce Salad
Fruit

SUPPER

Apple and
Nut Salad
Baked Potato

June 3rd

BREAKFAST	DINNER	SUPPER
Sassafras Tea Honey	1/2 Grapefruit Green Beans Carrots Lettuce and Tomato Salad Rhubarb	Watercress Celery Radishes Salad Baked Potato

June 4th

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Baked Potato Fruit	Dandelions Poached Eggs on Toast Glass of Milk

June 5th

BREAKFAST	DINNER	SUPPER
Orange Figs, Banana	Stewed White Turnips Lettuce and Tomato Salad Baked Rhubarb Honey	Watercress Salad Baked Potato

June 6th

BREAKFAST

DINNER

SUPPER

Orange
Corn Flakes
Milk

Celery Soup
(thick)
Chard
Creamed Onions
Lettuce and
Tomato Salad
Fruit

Rice
Fruit
Milk

June 7th

BREAKFAST

DINNER

SUPPER

Orange
Prunes, Apricots

String Beans
Stewed Carrots
Lettuce and
Cucumber Salad
Fruit

Watercress
Cottage Cheese
Baked Potato

June 8th

BREAKFAST

DINNER

SUPPER

Orange
Puffed Rice
Milk

Vegetable Soup
(thick)
Cabbage and
Beet Salad
Baked Potato
Rhubarb, Honey

Dandelions
Barley Muffins
Glass of Milk

June 9th

BREAKFAST	DINNER	SUPPER
Orange Banana, Dates	1/2 Grapefruit Peas Carrots Cucumber and Tomato Salad Baked Potato Fruit	Watercress Salad Baked Potato

June 10th

BREAKFAST	DINNER	SUPPER
Sassafras Tea Honey	1/2 Grapefruit Spinach Vegetable Oysters Lettuce and Cucumber Salad Fruit	Strawberries Milk Barley Muffins

June 11th

BREAKFAST	DINNER	SUPPER
Orange Banana, Prunes	1/2 Grapefruit Lima Beans Squash Lettuce and Tomato Salad Rhubarb	Rice Fruit Milk

June 12th

BREAKFAST

Orange
Whole Wheat
Milk

DINNER

Vegetable Soup
(thick)
Cabbage and
Carrot Salad
Nuts
Baked Potato
Fruit

SUPPER

Watercress
Radishes
Salad

June 13th

BREAKFAST

Orange
Prunes, Apricots

DINNER

1/2 Grapefruit
Stewed White
Turnips
Iceberg Lettuce
Salad
Baked Rhubarb

SUPPER

Strawberries
Milk
Corn Muffins

June 14th

BREAKFAST

Orange
Whole Rice
Milk

DINNER

1/2 Grapefruit
Peas
Carrots
Lettuce and
Cucumber Salad
Baked Potato
Fruit

SUPPER

Dandelions
Poached Egg
on Toast
Glass of Milk

June 15th

BREAKFAST	DINNER	SUPPER
Orange Banana, Figs	String Beans Vegetable Oysters Lettuce and Radish Salad Fruit	Watercress Cottage Cheese Baked Potato

June 16th

BREAKFAST	DINNER	SUPPER
Orange Juice	Spinach Cauliflower Baked Potato Lettuce and Tomato Salad Fruit	Strawberries Milk Barley Muffins

June 17th

BREAKFAST	DINNER	SUPPER
Orange Banana, Prunes	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Squash Fruit	Rice Fruit Milk

June 18th

BREAKFAST

Orange
Whole Wheat
Milk

DINNER

1/2 Grapefruit
Peas
Carrots
Tomato and
Cucumber Salad
Baked Potato
Fruit

SUPPER

Strawberries
Milk

June 19th

BREAKFAST

Orange
Prunes, Banana

DINNER

1/2 Grapefruit
String Beans
Kohlrabi
Iceberg Lettuce
Salad
Fruit

SUPPER

Dandelion Salad
Baked Potato

June 20th

BREAKFAST

Orange
Puffed Rice
Milk

DINNER

Rice Soup
Chard
Squash
Lettuce and
Tomato Salad
Fruit

SUPPER

Cottage Cheese
Watercress
Baked Potato

June 21st

BREAKFAST	DINNER	SUPPER
Orange	1½ Grapefruit	
Banana, Figs	New Lima Beans	Rice
	Beet Tops	Fruit
	Lettuce Salad	Milk
	Baked Rhubarb	

June 22nd

BREAKFAST	DINNER	SUPPER
	Vegetable Soup (thick)	
Orange	Spinach	Watercress
Whole Wheat	Stewed Yellow	Celery
Milk	Turnips	Barley Muffins
	Lettuce and	Glass of Milk
	Cucumber Salad	
	Fruit	

June 23rd

BREAKFAST	DINNER	SUPPER
Elderberry	Chard	Fruit Salad
Blossom Tea	Creamed Carrots	Cream (
Honey	Lettuce and	Whole Wheat
	Radish Salad	Muffins
	Rhubarb	

June 24th

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	New Peas Vegetable Oysters Lettuce and Tomato Salad Fruit	Dandelions Baked Potato

June 25th

BREAKFAST	DINNER	SUPPER
Orange Whole Rice Milk	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Baked Potato Fruit	Watercress Cottage Cheese Potatoes

June 26th

BREAKFAST	DINNER	SUPPER
Orange Juice Banana Figs	Stewed White Turnips Potatoes Lettuce and Tomato Salad Baked Rhubarb	Rice Fruit Barley Muffins

June 27th

BREAKFAST	DINNER	SUPPER
Orange	Kohlrabi	Fruit Salad
Whole Wheat	Green Beans	Cream
Toast	Lettuce Salad	Nut Bread
	Strawberries	

June 28th

BREAKFAST	DINNER	SUPPER
	Rice Soup	Dandelions
	Beet Tops	Poached Egg
Oranges, Prunes	Creamed Carrots	Toast
Apricots	Iceberg Lettuce	Glass of Milk
	Beet Salad	
	Watermelon	

June 29th

BREAKFAST	DINNER	SUPPER
Orange	1½ Cantaloupe	Watercress
Whole Wheat	Lima Beans	Cottage Cheese
Milk	Squash	Baked Potato
Toast	Lettuce and	
	Tomato Salad	
	Baked Rhubarb	

June 30th

BREAKFAST

Elderberry
Blossom Tea
Honey

DINNER

Spinach Broth
Soup
Asparagus
Baked Potato
Watermelon

SUPPER

Strawberries
Milk
Whole Wheat
Muffins

July 1st

BREAKFAST

Orange, Banana
Figs

DINNER

1/2 Grapefruit
String Beans
Squash
Dandelions
Radishes
Fruit

SUPPER

Watercress
Celery
Poached Egg
Barley Muffins

July 2nd

BREAKFAST

Orange
Whole Wheat
Milk

DINNER

Vegetable Soup
(thick)
Asparagus
Vegetable
Oysters
Lettuce and
Tomato Salad
Watermelon

SUPPER

Dandelions
Young Onions
Salad
Baked Potato

July 3rd

BREAKFAST	DINNER	SUPPER
Oranges, Prunes Apricots or 1/2 Cantaloupe	1/2 Melon String Beans Kohlrabi Lettuce and Radish Salad Baked Rhubarb	Rice Fruit Milk

July 4th

BREAKFAST	DINNER	SUPPER
Orange Juice	Spinach Asparagus Lettuce and Tomato Salad Watermelon	Fruit Salad Whipped Cream Muffins

July 5th

BREAKFAST	DINNER	SUPPER
Orange Whole Wheat Milk	Vegetable Soup (thick) Lettuce Celery Radish Salad Baked Potato Baked Rhubarb	Cottage Cheese Watercress Baked Potato

July 6th

BREAKFAST

Orange
Whole Wheat
Milk

DINNER

1/2 Melon
Peas
Carrots
Lettuce and
Radish Salad
Baked Potato
Fruit

SUPPER

Rice
Fruit
Milk

July 7th

BREAKFAST

Orange
Whole Rice
Milk

DINNER

Pineapple
String Beans
Kohlrabi
Lettuce and
Tomato Salad
Fruit

SUPPER

Dandelions
Cherry Pancakes
Milk

July 8th

BREAKFAST

Orange, Banana
Figs or
Cantaloupe

DINNER

Rice Soup
(thick)
Chard
Corn
Lettuce Salad
Baked Rhubarb

SUPPER

Strawberries
Milk
Whole Wheat
Muffins

July 9th

BREAKFAST	DINNER	SUPPER
Orange Whole Wheat Milk	Pineapple Peas Carrots Lettuce and Tomato Salad Baked Potato	Rice Milk Fruit

July 10th

BREAKFAST	DINNER	SUPPER
Orange, Banana Prunes or Raspberries	Spinach Corn Lettuce Radish Baked Potatoes Baked Rhubarb	Dandelions Cottage Cheese Potatoes

July 11th

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk	Rice Soup Asparagus Squash Lettuce and Tomato Salad Watermelon	Dandelion and Beet Salad Baked Potato

July 12th

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice	Chard Vegetable Oysters Lettuce and Cucumber Salad Rice Fruit	Fruit Salad Milk Corn Muffins

July 13th

BREAKFAST	DINNER	SUPPER
Elderberry Blossom Tea Honey	Melon Beet Tops Wax Beans Dandelion and Beet Salad Baked Potato Baked Rhubarb	Strawberries Milk Barley Muffins

July 14th

BREAKFAST	DINNER	SUPPER
Orange, Banana Figs or Cantaloupe	Pineapple Peas Carrots Lettuce and Tomato Salad Potatoes Watermelon	Rice Fruit Milk

July 15th

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Raspberries	Melon Green Beans Corn Lettuce and Radish Salad Potato Baked Rhubarb	Dandelions Cherry Muffins Milk

July 16th

BREAKFAST	DINNER	SUPPER
Orange, Banana Prunes	String Beans Squash Lettuce and Tomato Salad Watermelon	Strawberries Milk Whole Wheat Muffins

July 17th

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Raspberries Milk	Rice Soup Asparagus Corn Lettuce and Cucumber Salad Baked Potato Watermelon	Watercress Cottage Cheese Corn Muffins

July 18th

BREAKFAST

Orange or
Strawberries
Puffed Wheat
Milk

DINNER

Peas
Melon
Carrots
Lettuce and
Tomato Salad
Baked Potato
Baked Rhubarb

SUPPER

Dandelions
Cherry Muffins
Milk

July 19th

BREAKFAST

Banana
Strawberries
and Milk

DINNER

Vegetable Soup
(thick)
Cabbage
Beet
Nuts
Salad
Baked Potato
Watermelon

SUPPER

Milk
Rice
Fruit

July 20th

BREAKFAST

Banana
Raspberries
Puffed Rice

DINNER

Melon
Corn
Spinach
Lettuce and
Tomato Salad
Potato
Fruit

SUPPER

Strawberries
Milk
Barley Muffins

July 21st

BREAKFAST	DINNER	SUPPER
Orange	String Beans	Dandelion and
Puffed Wheat	Squash	Beet Salad
Blackberries	Lettuce and	Baked Potato
	Cucumber Salad	
	Potato	
	Watermelon	

July 22nd

BREAKFAST	DINNER	SUPPER
Orange	Celery Soup	
Puffed Rice	Peas	
Thimbleberries	Carrots	Rice
	Lettuce and	Milk
	Tomato Salad	Fruit
	Potatoes	
	Baked Rhubarb	

July 23rd

BREAKFAST	DINNER	SUPPER
Banana	Chard	Watercress
Strawberries	Corn	Cottage Cheese
	Lettuce and	Baked Potato
	Radish Salad	
	Potatoes	
	Watermelon	

July 24th

BREAKFAST

Orange
Puffed Wheat
Raspberries

DINNER

Pineapple
String Beans
and Carrots
Vegetable
Oysters
Lettuce and
Tomato Salad
Watermelon

SUPPER

Milk
Cherry
Shortcake

July 25th

BREAKFAST

Strawberries
Banana and
Milk

DINNER

Vegetable Soup
(thick)
Cabbage and
Carrot Salad
Nuts
Baked Potato
Baked Rhubarb

SUPPER

Dandelion and
Celery Salad
Corn Muffins
Glass of Milk

July 26th

BREAKFAST

Orange
Puffed Rice
Raspberries

DINNER

Melon
Spinach
Corn
Lettuce and
Tomato Salad
Jap Rice

SUPPER

Strawberries
Milk
Barley Muffins

July 27th

BREAKFAST	DINNER	SUPPER
Elderberry Blossom Tea Honey	Melon Chard Asparagus Dandelion Salad Berries	Strawberry Shortcake Glass of Milk

July 28th

BREAKFAST	DINNER	SUPPER
Strawberries Banana Cornflakes	Melon Peas Carrots Lettuce and Tomato Salad Rice	Watercress Celery Muffins Glass of Milk

July 29th

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Berries	Rice Soup Asparagus Corn Lettuce and Cucumber Salad Potatoes Melon	Dandelion and Beet Salad Baked Potatoes

July 30th

BREAKFAST

Whole Wheat
Banana
Cherries

DINNER

String Bean
Squash
Lettuce and
Tomato Salad
Jap Rice
Melon

SUPPER

Strawberries
Milk
Barley Muffins

July 31st

BREAKFAST

Orange
Puffed Wheat
Berries
Milk

DINNER

Vegetable Soup
(thick)
Vegetable
Oysters
Lettuce and
Radish Salad
Watermelon

SUPPER

Watercress
Cottage Cheese
Corn Muffins

August 1st

BREAKFAST

Orange
Puffed Rice and
Milk

DINNER

Spinach
Corn
Lettuce and
Celery Salad
Potatoes
Watermelon

SUPPER

Dandelion and
Beet Salad
Corn Muffins
Glass of Milk

August 2nd**BREAKFAST**

Banana
Cherries
Cornflakes

DINNER

Green Beans
Asparagus
Lettuce and
Tomato Salad
Baked Potato
Watermelon

SUPPER

Fruit Salad
Barley Muffins
Milk

August 3rd**BREAKFAST**

Orange
Puffed Wheat
Milk

DINNER

Barley Soup
(thick)
Cabbage and
Carrot Salad
Nuts
Potatoes
Baked Rhubarb

SUPPER

Cottage Cheese
Baked Potatoes
Sliced Tomatoes

August 4th**BREAKFAST**

Orange, Banana
and Nut Salad

DINNER

Cantaloupe
Peas
Carrots, Lettuce
and Radish
Salad
Rice
Fruit

SUPPER

Dandelion and
Beet Salad
Corn Muffins
Glass of Milk

August 5th

BREAKFAST	DINNER	SUPPER
Orange	Vegetable Soup	
Puffed Wheat	Wax Beans	
Berries	Corn	Rice
	Lettuce and	Fruit
	Celery Salad	Milk
	Potatoes	
	Watermelon	

August 6th

BREAKFAST	DINNER	SUPPER
Orange, Banana	String Beans	
Cherries	Squash	Strawberries
Cornflakes	Lettuce	Milk
	Sliced Tomatoes	Barley Muffins
	Melon	

August 7th

BREAKFAST	DINNER	SUPPER
Orange	Rice Soup	Fruit
Puffed Rice	(thick)	Watercress
Milk	Beet Tops	Celery
Berries	Corn	Baked Potatoes
	Lettuce and	Pears
	Cucumber Salad	

August 8th

BREAKFAST	DINNER	SUPPER
Orange, Banana Nuts, Cherries	Spinach Yellow Turnip Stewed Lettuce and Tomato Salad Potato Watermelon	Rice Fruit Milk

August 9th

BREAKFAST	DINNER	SUPPER
Elderberry Blossom Tea Honey	Cantaloupe Chard Creamed Carrots Lettuce and Radish Salad Baked Rhubarb	Strawberry Shortcake Glass of Milk

August 10th

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Berries	String Beans Squash Lettuce and Tomato Salad Rice Fruit	Cucumber Sliced Cottage Cheese Barley Muffins Pears

August 11th

BREAKFAST

Orange, Banana
Nuts, Cherries

DINNER

Vegetable Soup
Corn and Wax
Beans
Lettuce and
Cucumber Salad
Potatoes
Watermelon

SUPPER

Dandelion and
Beet Salad
Poached Egg
Whole Wheat
Muffins

August 12th

BREAKFAST

Orange
Puffed Wheat
Milk
Berries

DINNER

Peas
Carrots
Lettuce and
Tomato Salad
Baked Potato
Fruit

SUPPER

Rice
Fruit
Milk

August 13th

BREAKFAST

Orange, Banana
Raspberries
Cornflakes

DINNER

Barley Soup
Cabbage, Beet
and Nut Salad
Potatoes
Watermelon

SUPPER

Watercress
Whole Wheat
Muffins
Glass of Milk

August 14th**BREAKFAST**

Orange
Puffed Rice
Milk

DINNER

Spinach Broth
Soup
Spinach
Corn
Lettuce and
Tomato Salad
Baked Potatoes
Rhubarb

SUPPER

Glass of Milk
Dandelions
Potatoes

August 15th**BREAKFAST**

Orange, Banana
Raspberries

DINNER

Rice Soup
Beet Tops
Corn
Lettuce and
Radish Salad
Fruit

SUPPER

Rice
Fruit
Milk

August 16th**BREAKFAST**

Orange Juice
Banana, Prunes
Peaches

DINNER

Cantaloupe
Chard
Asparagus
Dandelions
Watermelon

SUPPER

Raspberries
Milk
Barley Muffins

August 17th

BREAKFAST

Orange
Puffed Wheat
Milk and
Peaches

DINNER

Vegetable Soup
(thick)
Cabbage and
Carrot Salad
Nuts
Melon

SUPPER

Sliced Cucumber
Cottage Cheese
Whole Wheat
Muffins

August 18th

BREAKFAST

Orange, Banana
Berries, Nuts

DINNER

Green Beans
Squash
Lettuce and
Tomato Salad
Baked Potatoes
Fruit

SUPPER

Dandelion and
Beet Salad
Barley Muffins
Glass of Milk
Pears

August 19th

BREAKFAST

Orange
Puffed Rice
Milk and
Peaches

DINNER

Barley Soup
Spinach
Corn
Lettuce and
Cucumber Salad
Fruit

SUPPER

Rice
Fruit
Milk

August 20th

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Berries	Peas Carrots Lettuce and Tomato Salad Rice Watermelon	Milk Raspberry Shortcake

August 21st

BREAKFAST	DINNER	SUPPER
Orange, Banana Nuts or Sliced Peaches	Spinach Squash Lettuce and Tomato Salad Melon	Radishes Cottage Cheese Baked Potato

August 22nd

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Berries	String Beans Kohlrabi Lettuce and Cucumber Salad Potatoes Melon	Rice Fruit Milk

August 23rd

BREAKFAST

Banana, Berries
Puffed Wheat

DINNER

Barley Soup
Cabbage and
Carrot Salad
Nuts
Fruit

SUPPER

Fruit Salad
Cream
Corn Muffins

August 24th

BREAKFAST

Orange
Puffed Rice
Milk
Berries

DINNER

Vegetable Soup
Corn
Lettuce, Celery
and Radish
Salad
Watermelon

SUPPER

Endive and
Beet Salad
Milk
Barley Muffins

August 25th

BREAKFAST

Orange
Puffed Wheat
Berries

DINNER

Carrots
Green Peas
Lettuce and
Radish Salad
Baked Rhubarb
Honey

SUPPER

Rice
Fruit
Milk

August 26th

BREAKFAST	DINNER	SUPPER
Orange, Banana Nuts Flakes	Spinach Corn Lettuce and Tomato Salad Muskmelon	Sliced Cucumber Cottage Cheese Baked Potato Pears

August 27th

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Berries	String Beans Kohlrabi Lettuce and Cucumber Salad Jap Rice Melon	Endive and Beet Salad Milk Barley Muffins

August 28th

BREAKFAST	DINNER	SUPPER
Orange, Banana Whole Wheat	Cantaloupe Spinach Asparagus Lettuce and Tomato Salad Fruit	Rice Fruit Milk

August 29th

BREAKFAST

Orange
Puffed Wheat
Milk
Sliced Peaches

DINNER

Barley Soup
(thick)
Corn or Beans
Lettuce and
Celery Salad
Watermelon

SUPPER

Rice
Fruit
Milk

August 30th

BREAKFAST

Orange
Puffed Wheat
Milk

DINNER

Peas
Carrots
Lettuce and
Tomato Salad
Baked Potato
Fruit

SUPPER

Fruit
Oatmeal Muffins
Milk

August 31st

BREAKFAST

Orange, Banana
Berries
Whole Wheat
Milk

DINNER

Vegetable Soup
Corn
Lettuce and
Tomato Salad
Melon

SUPPER

Cucumber
Mayonnaise
Baked Potatoes
Pears

September 1st

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk	String Beans Squash Lettuce and Radish Salad Potatoes Fruit	Rice Fruit Milk

September 2nd

BREAKFAST	DINNER	SUPPER
Orange, Banana Berries Cornflakes	Barley Soup (thick) Cabbage and Carrot Salad Nuts Baked Potato Fruit	Endive and Beet Salad Whole Wheat Muffins

September 3rd

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Chard Corn Lettuce and Celery Salad Potatoes Melon	Sliced Cucumber Cottage Cheese Barley Muffins

September 4th

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes Spinach Broth	Soup Spinach Celery Salad Vegetable Oysters Muskmelon	Fruit Salad Barley Muffins Milk

September 5th

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Grapes	Peas Carrots Lettuce and Cucumber Salad Baked Potato Fruit	Endive Salad Poached Egg Toast

September 6th

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	Vegetable Soup Stewed Kohlrabi Lettuce and Tomato Salad Watermelon	Fruit Salad Barley Muffins

September 7th

BREAKFAST	DINNER	SUPPER
Cornflakes	Vegetable Soup (thick)	Sliced Cucumber
Milk	Cabbage and	Cottage Cheese
Grapes	Carrot Salad	Barley Muffins
	Nuts	
	Watermelon	

September 8th

BREAKFAST	DINNER	SUPPER
Orange	Grapes	
Puffed Wheat	String Beans	
Milk	Kohlrabi	Milk
	Lettuce and	Fruit
	Tomato Salad	Rice
	Baked Potato	
	Fruit	

September 9th

BREAKFAST	DINNER	SUPPER
Orange, Banana	Peas	
Grapes	Carrots	
	Lettuce and	Fruit Salad
	Radish Salad	Corn Muffins
	Baked Potato	
	Muskmelon	

September 10th

BREAKFAST

DINNER

SUPPER

Orange
Puffed Rice
Milk
Grapes

Barley Soup
(thick)
Corn or
String Beans
Lettuce and
Tomato Salad
Watermelon

Endive and
Beet Salad
Baked Potatoes
Pears

September 11th

BREAKFAST

DINNER

SUPPER

Orange, Banana
Grapes and
Sliced Peaches

Spinach
Vegetable
Oysters
Lettuce and
Tomato Salad
Watermelon

Spanish Onions
Cottage Cheese
Oatmeal Muffins
Fruit

September 12th

BREAKFAST

DINNER

SUPPER

Orange
Puffed Rice
Milk
Grapes

Rice Soup
(thick)
String Beans
and Carrots
Lettuce and
Radish Salad
Fruit

Rice
Fruit
Milk

September 13th

BREAKFAST	DINNER	SUPPER
Cornflakes	String Beans	Fruit Salad
Banana	Squash	Whipped Cream
Grapes and Milk	Lettuce and	Corn Muffins
	Cucumber Salad	
	Rice	
	Fruit	

September 14th

BREAKFAST	DINNER	SUPPER
Orange	Vegetable Soup	
Puffed Wheat	(thick)	
Milk	Cabbage and	Milk
Grapes	Carrot Salad	Fruit
	Nuts	Barley Muffins
	Baked Potato	
	Muksmelon	

September 15th

BREAKFAST	DINNER	SUPPER
Orange, Banana	String Beans	Celery and
Grapes	Squash	Beet Salad
	Lettuce and	Baked Potatoes
	Tomato Salad	Fruit
	Potatoes	
	Melon	

September 16th

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Barley Soup (thick) Chard Parsnips Lettuce and Celery Salad Watermelon	Lettuce and Tomato Salad Poached Eggs Baked Potato

September 17th

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	Peas Carrots Lettuce and Tomato Salad Potatoes Melon	Fruit Salad Cream Barley Muffins

September 18th

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Grapes	Spinach Broth Soup Spinach Kohlrabi Lettuce and Tomato Salad Baked Apple Fruit	Rice Peaches Milk

September 19th

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	String Beans Creamed Carrots Lettuce and Cucumber Salad Rice Melon	Fruit Salad Cream Oatmeal Muffins

September 20th

BREAKFAST	DINNER	SUPPER
Honey Dew Melons	Rice Soup (thick) Cauliflower Lettuce and Radish Salad Potatoes Melon	Cornmeal Milk Grapes

September 21st

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Vegetable Soup (thick) Corn Lettuce and Radish Salad Baked Potatoes Fruit	Peaches, Rice Milk

September 22nd

BREAKFAST	DINNER	SUPPER
Banana, Apples Nuts String Beans	Carrots Lettuce and Cucumber Salad Potatoes Muskmelon	Endive and Beet Salad Poached Eggs Corn Muffins

September 23rd

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Grapes	Barley Soup (thick) Cabbage and Carrot Salad Nuts Potatoes Stewed Pears	Apples Rice Milk

September 24th

BREAKFAST	DINNER	SUPPER
Banana Plums Nuts	Cauliflower Vegetable Oysters Endive and Beet Salad Baked Potatoes Melon	Lettuce and Tomato Salad Poached Eggs Toast

September 25th

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	Spinach Soup Spinach Yellow Turnip Tomato and Cucumber Salad Fruit	Fruit Salad Cornmeal Cake

September 26th

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk Grapes	Creamed Carrots Squash Endive and Beet Salad Baked Potato Stewed Pears	Baked Apples Cream Barley Muffins

September 27th

BREAKFAST	DINNER	SUPPER
Honey Dew Melon	Rice Soup (thick) Vegetable Oysters Lettuce and Cucumber Salad Baked Apple Cream	Peaches Rice Milk

September 28th

BREAKFAST

Orange, Banana
Apples, Nuts

DINNER

Vegetable Soup
Corn
Endive and
Beet Salad
Baked Potatoes
Melon

SUPPER

Peaches
Rice
Milk

September 29th

BREAKFAST

Orange
Puffed Wheat
Milk
Grapes

DINNER

String Beans
Squash
Cabbage and
Carrot Salad
Baked Apple

SUPPER

Lettuce and
Celery Salad
Cottage Cheese
Potatoes

September 30th

BREAKFAST

Banana
Nuts
Grapes

DINNER

Barley Soup
(thick)
Chard
Parsnips
Lettuce and
Tomato Salad
Baked Potatoes
Stewed Pears

SUPPER

Apples
Rice
Milk and
Sliced Peaches

October 1st

BREAKFAST	DINNER	SUPPER
Orange Juice Whole Wheat Muffins Grapes	Spinach Soup Spinach Yellow Turnips Lettuce and Tomato Salad Fruit	Fruit Salad Cream Oatmeal Muffins

October 2nd

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Grapes	Curly Cabbage Creamed Squash Cucumber and Celery Salad Fruit Baked Apples	Poached Egg Whole Wheat Muffins

October 3rd

BREAKFAST	DINNER	SUPPER
Orange Nuts (2 oz.) Grapes	Vegetable Soup Cabbage and Carrot Salad Nuts Potatoes Melon	Apples Rice Milk

October 4th

BREAKFAST

Orange
Whole Wheat
Milk
Grapes

DINNER

String Beans
Squash
Endive and
Beet Salad
Potatoes
Fruit

SUPPER

Fruit Salad
Cream
Oatmeal Muffins

October 5th

BREAKFAST

Orange, Banana
Apples
Nuts (1 oz.)

DINNER

Barley Soup
(thick)
Lettuce and
Tomato Salad
Baked Potato
Fruit

SUPPER

Pears
Rice
Milk

October 6th

BREAKFAST

Orange
Puffed Wheat
Milk
Grapes

DINNER

Spinach Soup
Spinach
Creamed Carrots
Lettuce and
Celery Salad
Potatoes
Melon

SUPPER

Baked Apples
Cream
Barley Muffins

October 7th

BREAKFAST	DINNER	SUPPER
Orange, Banana Prunes	Rice Soup Eggplant Endive and Beet Salad Potatoes Melon	Cottage Cheese Fruit Barley Muffins

October 8th

BREAKFAST	DINNER	SUPPER
Orange, Banana Grapes	Vegetable Soup (thick) Cabbage and Carrot Salad Nuts Potatoes Fruit	Apple Rice Milk

October 9th

BREAKFAST	DINNER	SUPPER
Honey Dew Melon	Spinach Soup Spinach Squash Lettuce and Tomato Salad Fruit	Fruit Whipped Cream Corn Muffins

October 10th

BREAKFAST

Orange
Puffed Wheat
Milk
Grapes

DINNER

String Beans
Squash
Lettuce and
Tomato Salad
Potatoes
Melon

SUPPER

Baked Apples
Cream
Barley Muffins

October 11th

BREAKFAST

Orange, Prunes
Apricots and
Sliced Peaches

DINNER

Tomatoes
Stewed
White Turnips
Endive and
Beet Salad
Melon

SUPPER

Pears
Rice
Milk

October 12th

BREAKFAST

Orange
Puffed Wheat
Milk
Grapes

DINNER

Chard
Vegetable
Oysters
Lettuce and
Tomato Salad
Sweet Potatoes
Fruit

SUPPER

Apples
Raisins
Cottage Cheese
Barley Muffins

October 13th

BREAKFAST	DINNER	SUPPER
Orange, Banana Apple, Raisins	Vegetable Soup Corn Endive and Beet Salad Baked Potatoes Melon	Baked Apple Cream Whole Wheat Muffins

October 14th

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	String Beans Stewed Carrots Lettuce and Tomato Salad Sweet Potatoes Melon	Nut, Apple and Celery Salad Corn Muffins Milk

October 15th

BREAKFAST	DINNER	SUPPER
Orange Puffed Wheat Milk	Barley Soup (thick) Kale Parsnips Lettuce and Celery Salad Sweet Potato Melon	Baked Apples Cream Barley Muffins

October 16th

BREAKFAST

Honey Dew
Melon

DINNER

Spinach Soup
Spinach
Squash
Endive and
Beet Salad
Fruit

SUPPER

Fruit Salad
Barley Muffins

October 17th

BREAKFAST

Orange, Banana
Grapes or Pears

DINNER

Lima Beans
Creamed Carrots
Cucumber Salad
Baked Potatoes
Fruit

SUPPER

Pears
Rice
Milk

October 18th

BREAKFAST

Orange, Banana
Apples, Nuts

DINNER

Vegetable Soup
(thick)
Cabbage and
Carrot Salad
Nuts
Potatoes
Melon

SUPPER

Cottage Cheese
Raisins, Apples
Corn Muffins

October 19th**BREAKFAST**

Orange
Puffed Wheat
Milk
Grapes

DINNER

Spinach
Yellow Turnip
Stewed
Endive and
Tomato Salad
Sweet Potatoes
Fruit

SUPPER

Apples
Rice
Milk

October 20th**BREAKFAST**

Orange, Prunes
Apricots or
Grapes

DINNER

String Beans
Squash
Endive and
Beet Salad
Potatoes
Melon

SUPPER

Baked Apples
Cream
Barley Muffins

October 21st**BREAKFAST**

Orange
Puffed Rice
Milk
Grapes

DINNER

Curly Cabbage
Creamed
Vegetable
Oysters
Lettuce and
Tomato Salad
Potatoes
Apple Sauce
Raisins

SUPPER

Lettuce and
Celery Salad
Poached Eggs
Corn Muffins

October 22nd

BREAKFAST

Orange, Banana
Apples
Nuts

DINNER

Vegetable Soup
(thick)
Endive and
Beet Salad
Sweet Potatoes
Apple Sauce
Sliced Peaches

SUPPER

Pears
Rice
Milk

October 23rd

BREAKFAST

Honey Dew
Melon

DINNER

Spinach Soup
Spinach
Squash
Lettuce and
Tomato Salad
Fruit

SUPPER

Fruit Salad
Barley Muffins

October 24th

BREAKFAST

Orange
Puffed Wheat
Milk
Grapes

DINNER

Lima Beans
Parsnips
Lettuce and
Celery Salad
Potatoes
Melon

SUPPER

Cottage Cheese
Apples, Raisins
Corn Muffins

October 25th

BREAKFAST	DINNER	SUPPER
Orange Prunes, Apricots	Barley Soup (thick) Cabbage and Carrot Salad Nuts Baked Potatoes Melon	Baked Apples Cream Corn Muffins

October 26th

BREAKFAST	DINNER	SUPPER
Orange Puffed Rice Milk Grapes	Kale Stewed Yellow Turnip Endive and Beet Salad Sweet Potatoes Apple Sauce	Fruit Salad Oatmeal Muffins

October 27th

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples Nuts (1 oz.)	Rice Soup (thick) Vegetable Oysters Lettuce and Tomato Salad Baked Potatoes Baked Apples	Tomato and Cucumber Salad Poached Eggs Potatoes

October 28th

BREAKFAST

Orange
Puffed Wheat
Milk
Grapes

DINNER

Pea Soup
(thick)
Spinach
Endive and
Apple Salad
Melon

SUPPER

Apples, Raisins
Cottage Cheese
Barley Muffins

October 29th

BREAKFAST

Orange, Banana
Apples
Nuts (1 oz.)

DINNER

Vegetable Soup
(thick)
Cabbage and
Carrot Salad
Nuts
Potatoes
Fruit

SUPPER

Apples
Rice
Milk

October 30th

BREAKFAST

Honey Dew
Melon

DINNER

Tomato Soup
Curly Cabbage
Stewed Carrots
Lettuce and
Tomato Salad
Melon

SUPPER

Fruit Salad
Cream
Muffins

October 31st**BREAKFAST**

Orange
Puffed Wheat
Milk
Grapes

DINNER

String Beans
Squash
Endive and
Beet Salad
Sweet Potatoes
Melon

SUPPER

Cottage Cheese
Raisins, Nuts
Apples
Corn Muffins

November 1st**BREAKFAST**

Orange
Puffed Rice
Milk
Grapes

DINNER

Stewed White
Turnip
Kale
Lettuce and
Tomato Salad
Baked Potatoes
Fruit

SUPPER

Lettuce
Poached Egg
Barley Muffins

November 2nd**BREAKFAST**

Orange, Banana
Apples
Oatmeal, Milk

DINNER

Grapefruit
Lima Beans
Vegetable
Oysters
Endive and Beet
Salad
Apple Sauce
Raisins

SUPPER

Apples, Rice
Milk

November 3rd

BREAKFAST

Orange, Prunes
Apricots

DINNER

Spinach Soup
Spinach
Squash
Lettuce and
Celery Salad
Baked Potatoes
Melon

SUPPER

Cottage Cheese
Apples, Raisins
Barley Muffins

November 4th

BREAKFAST

Orange Juice
Oatmeal Mush

DINNER

String Beans
Creamed Carrots
Lettuce and
Tomato Salad
Sweet Potatoes
Fruit

SUPPER

Cottage Cheese
Apples, Raisins
Whole Wheat
Muffins

November 5th

BREAKFAST

Orange, Banana
Apples, Raisins

DINNER

Vegetable Soup
Cabbage, Car-
rots and Nuts
Salad
Potatoes
Fruit

SUPPER

Rice, Pears
Milk

November 6th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots	Spinach Soup Spinach Parsnips Celery Salad Baked Apples Cream	Fruit Salad Cream Corn Muffins

November 7th

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples Nuts (1 oz.)	Rice Soup (thick) Red Cabbage Endive and Beet Salad Baked Potatoes Fruit	Baked Apples Cream Barley Muffins

November 8th

BREAKFAST	DINNER	SUPPER
Orange, Banana Apples, Nuts	1/2 Grapefruit Kale Potatoes Squash Lettuce and Celery Salad Apple Sauce Raisins	Lettuce and Tomato Salad Poached Eggs Baked Potatoes

November 9th

BREAKFAST	DINNER	SUPPER
Orange, Prunes	Fruit	
Apricots	Barley Soup	
Oatmeal	Curly Cabbage	Apples, Rice
	Vegetable	Milk
	Oysters	
	Endive and Beet	
	Salad	
	Sweet Potatoes	

November 10th

BREAKFAST	DINNER	SUPPER
Orange	1/2 Grapefruit	
Farina	Lima Beans	
Milk	Squash	Cottage Cheese
	Lettuce and	Apples, Raisins
	Celery Salad	Corn Muffins
	Potatoes	
	Fruit	

November 11th

BREAKFAST	DINNER	SUPPER
Orange, Banana	Lentil Soup	Cottage Cheese
Apples, Nuts	Creamed Carrots	Apples, Raisins
	Lettuce Salad	Corn Muffins
	Fruit	

November 12th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Farina, Milk	Barley Soup (thick) Cabbage and Carrots Salad Nuts Baked Potatoes Fruit	Apples, Rice Raisins Milk Barley Muffins

November 13th

BREAKFAST	DINNER	SUPPER
Honey-Dew Melon	Spinach Soup Spinach Parsnips Iceberg Lettuce Apple Sauce Raisins	Fruit Salad Cream Corn Muffins

November 14th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Cornmeal	Kale-Rice Squash Endive and Beet Salad Fruit	Baked Apples Cream Whole Wheat Muffins

November 15th

BREAKFAST

Orange, Apples
Banana
Nuts (1 oz.)

DINNER

Vegetable Soup
(thick)
Kale and
Potatoes
Lettuce Salad
Apple Sauce
Raisins

SUPPER

Apples
Milk
Barley Muffins

November 16th

BREAKFAST

Orange, Apples
Nuts
Oatmeal, Milk

DINNER

Spinach
Squash
Celery and
Apple Salad
Baked Potatoes
Fruit

SUPPER

Cottage Cheese
Apples, Raisins,
Corn Muffins

November 17th

BREAKFAST

Orange, Banana
Apples, Raisins

DINNER

Barley Soup
(thick)
Lettuce Salad
Sweet Potatoes
Baked Apples
Cream

SUPPER

Iceberg Lettuce
and Celery
Salad
Poached Egg
Baked Potatoes
Fruit

November 18th

BREAKFAST	DINNER	SUPPER
Orange, Banana Raisins, Figs Cereal, Milk	Curly Cabbage Squash Endive and Beet Salad Potatoes Fruit	Cottage Cheese Apples, Raisins Corn Muffins

November 19th

BREAKFAST	DINNER	SUPPER
Orange, Apples Nuts (1 oz.)	1/2 Grapefruit Lima Beans Vegetable Oysters Cabbage and Celery Salad Sweet Potatoes Apple Sauce	Apples, Rice Raisins Milk Barley Muffins

November 20th

BREAKFAST	DINNER	SUPPER
Honey-Dew Melon	Kale Rice Vegetable Oysters Lettuce and Celery Salad Fruit	Fruit Salad Cream Barley Muffins

November 21st

BREAKFAST

Orange, Banana
Nuts (1 oz.)

DINNER

Vegetable Soup
(thick)
Cabbage, Car-
rots and Nuts
Salad
Baked Potato
Fruit

SUPPER

Lettuce and Cel-
ery Salad
Poached Eggs
Baked Potatoes

November 22nd

BREAKFAST

Orange, Banana
Figs, Milk

DINNER

Kale
Potatoes
Squash
Endive and Beet
Salad
Baked Apples
Cream

SUPPER

Cottage Cheese
Apples, Raisins
Barley Muffins

November 23rd

BREAKFAST

Orange, Apples
Nuts, Oatmeal

DINNER

Lentil Soup
(thick)
Cabbage and
Celery Salad
Fruit

SUPPER

Apples, Rice
Raisins
Milk
Corn Muffins

November 24th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Farina	1½ Grapefruit Lima Beans Vegetable Oysters Endive and Beet Salad Fruit	Baked Apples Cream Barley Muffins

November 25th

BREAKFAST	DINNER	SUPPER
Orange, Apples Nuts	Kale Yellow Turnip Stewed Endive and Beet Salad Baked Potatoes Fruit	Pears, Rice Raisins Milk Barley Muffins

November 26th

BREAKFAST	DINNER	SUPPER
Orange, Banana Raisins	Vegetable Soup (thick) Cabbage, Car- rots and Nuts Salad Potatoes Fruit	Cottage Cheese Apples, Raisins Corn Muffins

November 27th

BREAKFAST	DINNER	SUPPER
Honey-Dew Melon	Spinach Soup Spinach Squash Lettuce and Celery Salad Apple Sauce	Fruit Salad Cream Corn Muffins

November 28th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots	$\frac{1}{2}$ Grapefruit White Turnip Curly Cabbage Celery Salad Fruit	Baked Apples Cream Corn Muffins

November 29th

BREAKFAST	DINNER	SUPPER
Orange, Banana Figs, Cornmeal	Pea Soup (thick) Endive and Beet Salad Baked Potatoes Apple Sauce Raisins	Lettuce and Celery Salad Poached Eggs Potatoes

November 30th

BREAKFAST	DINNER	SUPPER
Orange, Apples Nuts (2oz.)	Barley Soup (thick) Lettuce Salad Sweet Potatoes Baked Apples Cream	Cottage Cheese Apples, Raisins Corn Muffins

December 1st

BREAKFAST	DINNER	SUPPER
Orange Oatmeal, Milk	Lima Beans Squash Endive and Beet Salad Potatoes Fruit	Apples, Rice Raisins Milk Barley Muffins

December 2nd

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots	1/2 Grapefruit Peas Carrots Endive and Beet Salad Potatoes Baked Apples Cream	Apples, Rice Milk Barley Muffins

December 3rd

BREAKFAST	DINNER	SUPPER
Orange, Banana Raisins Farina, Milk	Barley Soup (thick) Cabbage, Car- rots and Nuts Salad Sweet Potatoes Fruit	Cottage Cheese Apples, Raisins Barley Muffins

December 4th

BREAKFAST	DINNER	SUPPER
Orange, Apples Figs, Cornmeal	1/2 Grapefruit Spinach Vegetable Oysters Iceberg Lettuce and Beet Salad Fruit	Fruit Salad Cream Corn Muffins

December 5th

BREAKFAST	DINNER	SUPPER
Orange, Raisins Oatmeal, Milk	Tomato Soup White Turnips Kale Lettuce, Apple Nuts, Salad Fruit	Lettuce and Cel- ery Salad Glass of Milk Corn Muffins

December 6th

BREAKFAST	DINNER	SUPPER
Orange, Apples Figs Oatmeal, Milk	1/2 Grapefruit Spinach Squash Endive and Beet Salad Sweet Potatoes Apple Sauce Raisins	Cottage Cheese Apples, Raisins Corn Muffins

December 7th

BREAKFAST	DINNER	SUPPER
Orange, Raisins Cornmeal	Vegetable Soup (thick) Parsnips Lettuce and Celery Salad Baked Potatoes Fruit	Baked Apples Cream Barley Muffins Glass of Milk

December 8th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots	1/2 Grapefruit Lima Beans Squash Endive and Beet Salad Sweet Potatoes Fruit	Apples, Rice Raisins Milk

December 9th

BREAKFAST

Orange
Oatmeal
Milk

DINNER

$\frac{1}{2}$ Grapefruit
Kale-Rice
Endive and Beet
Salad
Fruit

SUPPER

Baked Apples
Cream
Whole Wheat
Muffins
Glass of Milk

December 10th

BREAKFAST

Orange, Banana
Figs
Nuts (1 oz.)
Farina, Milk

DINNER

Barley Soup
(thick)
Cabbage, Car-
rots and Nuts
Salad
Potatoes
Fruit

SUPPER

Lettuce and
Celery Salad
Glass of Milk
Corn Muffins

December 11th

BREAKFAST

Honey-Dew
Melon
Shredded Wheat

DINNER

Spinach Soup
Spinach
Squash
Lettuce Salad
Fruit

SUPPER

Fruit Salad
Cream
Corn Muffins

December 12th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Oatmeal, Milk	Vegetable Soup Stewed White Turnips Iceberg Lettuce and Beet Salad Fruit	Cottage Cheese Apples, Raisins Barley Muffins

December 13th

BREAKFAST	DINNER	SUPPER
Orange, Figs Oatmeal Milk	1/2 Grapefruit Peas Carrots Lettuce and Celery Salad Potatoes Fruit	Baked Apples Cream Glass of Milk Corn Muffins

December 14th

BREAKFAST	DINNER	SUPPER
Orange Cornmeal Milk	Kale Potatoes Vegetable Oysters Endive and Beet Salad Fruit	Apples, Rice Raisins Milk

December 15th

BREAKFAST

Orange, Prunes
Apricots
Oatmeal
Milk

DINNER

Rice Soup
(thick)
Brussels Sprouts
Lettuce and
Celery Salad
Potatoes
Baked Apples
Cream

SUPPER

Cottage Cheese
Apples, Raisins
Barley Muffins

December 16th

BREAKFAST

Orange, Apples
Cream of Wheat

DINNER

Spinach
Parsnips
Lettuce and
Celery Salad
Potatoes
Fruit

SUPPER

Cottage Cheese
Apples, Raisins
Barley Muffins

December 17th

BREAKFAST

Orange, Figs
Rolled Oats

DINNER

Vegetable Soup
(thick)
Cabbage, Car-
rots and Nuts
Salad
Sweet Potatoes
Fruit

SUPPER

Apples, Rice
Raisins
Milk

December 18th

BREAKFAST	DINNER	SUPPER
Honey-Dew Melon Shredded Wheat	Spinach Soup Spinach Squash Iceberg Lettuce and Beet Salad Fruit	Fruit Salad Cream Corn Muffins

December 19th

BREAKFAST	DINNER	SUPPER
Orange, Prunes Apricots Cornmeal	Barley Soup (thick) Stewed Yellow Turnips Iceberg Lettuce Sweet Potatoes Apple Sauce Raisins	Lettuce and Cel- ery Salad Glass of Milk Corn Muffins

December 20th

BREAKFAST	DINNER	SUPPER
Orange, Figs Oatmeal Milk	1/2 Grapefruit Lima Beans Squash Endive and Beet Salad Baked Apples Cream	Apples, Rice Raisins Milk

December 21st

BREAKFAST

Orange, Raisins
Cream of Wheat

DINNER

Kale, Rice
Vegetable
Oysters
Lettuce and
Celery Salad
Baked Potatoes
Fruit

SUPPER

Cottage Cheese
Apples, Raisins
Barley Muffins

December 22nd

BREAKFAST

Orange, Prunes
Apricots
Rolled Oats

DINNER

Rice Soup
(thick)
Brussels Sprouts
Endive and Beet
Salad
Sweet Potatoes
Fruit

SUPPER

Baked Apples
Cream
Glass of Milk
Corn Muffins

December 23rd

BREAKFAST

Orange, Figs
Cornmeal

DINNER

Barley Soup
(thick)
Cabbage and
Nuts Salad
Sweet Potatoes
Fruit

SUPPER

Cottage Cheese
Apples, Raisins
Corn Muffins

December 24th

BREAKFAST	DINNER	SUPPER
Orange Juice	1/2 Grapefruit	Fruit Salad
Figs	Spinach	Cream
Cream of Wheat	Squash	Barley Muffins
	Iceberg Lettuce	
	Salad	
	Fruit	

December 25th

BREAKFAST	DINNER	SUPPER
Orange, Apples	Brussels Sprouts	Apple, Rice
Raisins	Yellow Turnip	Raisins
Oatmeal	Stewed	Milk
	Lettuce and	
	Tomato Salad	
	Baked Apple	
	Cream	

December 26th

BREAKFAST	DINNER	SUPPER
Orange, Raisins	Vegetable Soup	Fruit
Rolled Ots	White Turnips	Fruit Salad
	Endive and Beet	Cream
	Salad	Barley Muffins

December 27th

BREAKFAST

Orange, Figs
Cornmeal

DINNER

1/2 Grapefruit
Lima Beans
Iceberg Lettuce
Baked Potatoes
Fruit

SUPPER

Apples, Rice
Raisins
Milk

December 28th

BREAKFAST

Orange, Prunes
Apricots

DINNER

Barley Soup
Parsnips
Lettuce Salad
Potatoes
Baked Apples
Cream

SUPPER

Cottage Cheese
Apples, Raisins
Corn Muffins

December 29th

BREAKFAST

Orange, Raisins
Oatmeal
Milk

DINNER

1/2 Grapefruit
Peas
Carrots
Endive and Beet
Salad
Sweet Potatoes
Fruit

SUPPER

Glass of Milk
Baked Apples
Cream
Barley Muffins

December 30th

BREAKFAST	DINNER	SUPPER
Orange, Raisins Cream of Wheat	$\frac{1}{2}$ Grapefruit Spinach Squash Iceberg Lettuce and Beet Salad Fruit	Fruit Salad Cream Corn Cake

December 31st

BREAKFAST	DINNER	SUPPER
Orange, Figs Rolled Oats	Vegetable Soup Cabbage and Nuts Salad Sweet Potato Baked Apples Cream	Fruit Salad Cream Muffins

RECIPES

MINERAL ELEMENT CONTAINING SOUPS

Rice Soup

- | | |
|----------------|---------------------------|
| 1 Cup Rice | 1 Kohlrabi |
| 1 Large Carrot | 1 Tsp. Chopped Parsley |
| 1 Stalk Celery | $\frac{1}{2}$ Tsp. Nutmeg |

Wash rice and put into boiling water. Add carrots, celery and kohlrabi, cut into cubes, and let them simmer for about 20 minutes. Add parsley, nutmeg and salt to taste. Serve.

Celery Soup

- | | |
|---------------|----------------|
| 1 Knob Celery | 1 Tsp. Parsley |
|---------------|----------------|

Cream Sauce

- | | |
|----------------|---------------|
| 1 Tbsp. Butter | 1 Tbsp. Flour |
|----------------|---------------|

Peel celery, cut into cubes, and boil fifteen minutes. Strain. Make a cream sauce. Melt butter until it is frothy, add flour. Then slowly add water in which celery had been boiled until all water is used up. Add parsley, celery and salt to taste. Serve.

Vegetable Soup

- | | |
|------------------|----------------------------|
| 2 Large Carrots | 1 Onion |
| 1 Stalk Celery | $\frac{1}{4}$ Head Cabbage |
| 2 Potatoes | 1 Tbsp. Butter |
| 1 Bunch Kohlrabi | 1 Tsp. Chopped Parsley |

Put ingredients through food chopper. Then add enough water to cover vegetables and boil for 15 minutes. Remove from fire, salt to taste, add butter and parsley. Serve.

Spinach Soup

Spinach Water	$\frac{1}{2}$ Tsp. Grated Nutmeg
1 Egg	1 Tbsp. Butter
1 Tbsp. Flour	

Use water in which spinach was cooked. Beat egg with flour until it is a smooth paste and gradually add to boiling spinach water. Remove from fire, add butter and nutmeg, salt to taste and serve.

Potato Soup

2 Large Potatoes	1 Onion
1 Carrot	Cream Sauce
1 Stalk Celery	1 Tsp. Chopped Parsley

Cut potatoes, carrot, celery and onion. Cook for about fifteen minutes and put through potato ricer. Make cream sauce, using water in which vegetables were boiled, add bulk and let come to a boil. Remove from fire, add parsley, and salt to taste. Serve.

Tomato Soup

15 Tomatoes	1 Tsp. Chopped Parsley
1 Stalk Celery	2 Tbsp. Butter
1 Onion	2 Tbsp. Flour

Wash and cut tomatoes, celery and onion. Boil fifteen minutes. Strain. Make cream sauce, using

water drained from vegetables, and slowly add bulk. Remove from fire, add parsley and serve.

Pea Soup

- | | |
|----------------|----------------|
| 1 Lb. Peas | 1 Potato |
| 1 Stalk Celery | 1 Tbsp. Butter |
| 1 Stalk Leak | |

Wash peas and soak until soft. Cook in same water in which they were soaked. Add celery, leak and potato and cook until tender. Strain through sieve. Add salt to taste and butter. Cut bread squares and toast them until crisp, add to soup when ready to serve.

Bean, Lentil, and Lima Bean Soups are made same as Pea Soup.

DRESSINGS

Lemon Dressing

- | | |
|--------------|-------------------|
| One Lemon | 1 Tbsp. Sugar |
| 2 Cups Water | 2 Tbsp. Olive Oil |

Squeeze the juice of the lemon, dilute with water, add sugar and olive oil. Salt to taste, mix well.

Mayonnaise Dressing

- | | |
|-----------------|---------------------|
| Yolk of One Egg | 1/2 Cup Olive Oil |
| 1/2 Tsp. Salt | 1 Tbsp. Lemon Juice |

Beat yolk of egg until thick, add dry ingredients and continue beating. Add a few drops of lemon juice and the oil drop by drop until it is half used,

then add remaining lemon juice, and continue with oil until all is used. Be sure that all the ingredients are cold.

Bacon-fat Dressing

3 Slices Bacon	2 Tbsp. Sugar
Juice of One Lemon	1 Tsp. Salt
2 Cups Water	

Cut bacon into small cubes, fry slowly until light brown. Remove from fire, add lemon juice, sugar and salt, mix well and add water.

Mayonnaise Cream Dressing for Fruit Salad

Prepare the same as Mayonnaise Dressing, omitting lemon juice and adding $\frac{1}{4}$ cup of whipped cream, after all olive juice has been used. Serve at once.

Mayonnaise Dressing for Vegetable Salad

Prepare Mayonnaise Dressing No. 1, add a chopped tomato (minus seeds) and two slices green pepper. Mix thoroughly and pour over salad. Serve at once.

FRUIT SALADS

No. 1

$\frac{1}{2}$ Grapefruit	Mayonnaise Cream
2 Oranges	Dressing
2 Bananas	1 Head Lettuce
1 Apple or Pear	4 Tbsp. Finely
1 Stalk Celery	Chopped Nuts

Remove skin from grapefruit, oranges and bananas and cut into cubes. Cut apple into cubes. Wash and clean celery, cut into small pieces. Add mayonnaise cream dressing when ready to serve. Place on crisp lettuce leaves. Garnish with chopped nuts, and put red cherry in center and serve.

No. 2

- | | |
|--------------------|----------------|
| 1 Cup Strawberries | 2 Bananas |
| 1 Cup Raspberries | Lettuce Leaves |

Clean and wash strawberries and raspberries and slice bananas. Arrange strawberries in middle of bed of lettuce with banana slices around edge of dish. Put raspberries on top. Cover with mayonnaise cream dressing, put green cherry on top. Serve.

No. 3

- | | |
|---------------------------------|----------------------|
| $\frac{1}{2}$ Cantaloupe | 1 Banana |
| 1 Orange | 1 Tbsp. Chopped Nuts |
| $\frac{1}{2}$ Cup Whipped Cream | Cherry |

Cut medium sized cantaloupe in half, remove meat, cut banana and $\frac{1}{2}$ orange into cubes. Mix with cantaloupe and fill empty cantaloupe shell. Place orange slices in star shape over top. Add spoonful of whipped cream in center with cherry. Cover with chopped nuts and serve (individual dish).

No. 4

- | | |
|-------------------------|------------------|
| 1 Grapefruit | 1 Bunch Grapes |
| 2 Apples | Mayonnaise Cream |
| $\frac{1}{4}$ Pineapple | Dressing |
| Green Cherry | 1 Tbsp. Nuts |
| 1 Red Banana | |

Cut grapefruit in half and remove fruit. Cut zig-zag edge on grapefruit to make it attractive. Mix fruit with apples, pineapple and banana, cut into cubes, add cream dressing. Put mixture into grapefruit shell. Decorate edge with grapes cut in half and put green cherry on top. Sprinkle with nuts and serve (individual dish).

No. 5

- | | |
|---------------------|--------------------|
| 1 Large Orange | Raspberries |
| 1 Cup Red and Black | 1 Cup Strawberries |

Cut orange in half, remove fruit. Mix with red berries. Return to empty shells and arrange ring of blackberries around edge. Fill in with grated coconut and serve.

No. 6

- | | |
|--------------------------|----------------------|
| $\frac{1}{2}$ Grapefruit | 1 Tbsp. Chopped Nuts |
| 1 Orange | Mayonnaise Cream |
| $\frac{1}{4}$ Pineapple | Dressing |
| 1 Cup Strawberries | |

Remove fruit from grapefruit shell after cutting it in half, cut orange and pineapple into small pieces, add strawberries. Mix with dressing, trim with different colors, sprinkle with chopped nuts. Serve. (Individual Dish.)

CEREALS AND GRUELS

Rolled Oats

One cup of rolled oats to 3 cups of water. Steam in double boiler about 2 hours. Salt, add piece of butter and serve with milk.

Cream of Wheat

Prepare as in Rolled Oats and cook $\frac{1}{2}$ hour.

Cornmeal

Prepare as in Rolled Oats and cook 1 hour.

In preparing cereals or gruels for the sick, strain the above through wire sieve.

Barley Gruel

Same as in Rolled Oats.

BAKED GOODS

Walnut Bread

3 Cups Whole Wheat	1 Cup Raisins, Dates or
Flour	Figs
3 Tsp. Baking Powder	$\frac{1}{2}$ Tsp. Salt
1 Cup Walnuts	1 Cup Brown Sugar
(chopped)	1 Cup Milk

Mix ingredients in order given and bake in moderate oven one hour.

Whole Wheat Muffins

4 Cups Whole Wheat	2 Cups Milk
Flour	$\frac{1}{2}$ Cup Melted Butter
4 Tsp. Baking Powder	1 Cup Raisins, Dates or
1 Cup Brown Sugar	Figs
$\frac{1}{2}$ Tsp. Salt	

Mix dry ingredients; add milk slowly, then melted butter, and lastly add raisins, dates or figs

chopped. Bake in moderate oven from 20 to 30 minutes, in buttered muffin tins. Yield: 12 muffins.

Rolled Oats Muffins

$\frac{1}{2}$ Cup Rolled Oats	1 Tsp. Baking Powder
1 Cup Sour Milk	1 Cup Flour
1 Tsp. Salt	2 Tbsp. Melted Butter
$\frac{1}{2}$ Tsp. Soda	

Soak the rolled oats overnight in the sour milk. In the morning add the dry ingredients, sifted together; then add the melted fat. Pour the mixture into greased muffin pans, and bake it in a moderate oven.

Barley Muffins

1 Cup Whole Wheat Flour	1 Cup Barley Meal
$\frac{1}{4}$ Tsp. Salt	1 Egg
2 Tsp. Baking Powder	$1\frac{1}{4}$ Cups Sour Milk
$\frac{1}{2}$ Tsp. Soda	2 Tbsp. Butter Melted

Sift together the first four ingredients, and add the remaining ingredients in the order given. Bake the mixture in muffin tins in a moderate oven.

Oatmeal Cakes

$\frac{1}{2}$ Cup Butter	$\frac{1}{2}$ Cup Lard
2 Cups Brown Sugar	$\frac{1}{2}$ Cup Boiling Water
3 Cups Quaker Oats	1 Cup Raisins (chopped in 2 cups flour)
1 Egg	1 Tsp. Cinnamon or Cloves
1 Tsp. Vanilla	
$\frac{1}{2}$ Tsp. Salt	
$\frac{1}{2}$ Tsp. Soda	

The mixture will be quite stiff. Melt the lard in the boiling water. Combine ingredients in the order given, adding the raisins combined with flour, spice and soda.

Drop one teaspoonful at a time on a greased baking pan, leaving plenty of space for spreading. Bake in moderate oven for twenty minutes.

Combination Bread

3 Cups Whole Wheat	1 Tbsp. Salt
Flour	1 Cup Shortening
3 Cups Rye Flour	1 Qt. Luke Warm
3 Cups White Flour	Water
1 Yeast Cake	

Dissolve yeast cake in one cup luke warm water, and mix with white flour, let rise for about 30 minutes, then mix with rye and whole wheat flours, add salt and shortening with the water. Then knead for about fifteen minutes, put into tins and allow it to rise until it is double its size. Bake in moderate oven for one hour. Yield: Three loaves.

SALADS

Salads made especially of the leafy vegetables containing the acid splitting elements—Iron, Sodium, Calcium and Magnesium should be served at every meal. At least 50% of our meals should be composed of raw vegetables. Care should be taken that all insect eggs which are lodged in vegetables are removed. This is easily done by washing each leaf separately and soaking them in salt water.

Head Lettuce With Lemon Dressing

Remove all wilted leaves. Wash thoroughly, changing water 5 or 6 times. Cut in small pieces and put into colander to drain. Mix with Lemon Dressing and serve.

Head Lettuce With Mayonnaise Dressing

Clean, cut lettuce as directions above and serve with Mayonnaise Dressing.

Watercress Salad

Clean thoroughly, washing about 8 times. Put into colander to drain. Serve with Mayonnaise and finely chopped new onions.

Dandelion Salad

Pick each leaf from stalk and wash in cold water. Drain in colander. Mix with Bacon-fat Dressing and serve.

Endive Salad

Discard outer withered leaves. Pick each leaf from stalk and wash in several waters. Drain in colander. Cut into small pieces, mix with Bacon-fat Dressing and serve.

Cucumber Salad

Wash and cut Cucumbers (without peeling) mix with Lemon or Mayonnaise Dressing and serve.

Tomato Salad

Peel tomatoes and cut into slices about $\frac{1}{4}$ inch thick. Serve on lettuce with Mayonnaise Dressing.

Celery and Apple Salad

Clean celery carefully and allow to stand in cold water for 10 minutes. Cut into cubes. Wash and cut apples into dice. Mix with Mayonnaise and arrange on lettuce leaves.

Red or White Cabbage Salad

Chop cabbage fine, mix thoroughly with Mayonnaise Dressing. Arrange beets or carrots around edge of dish and serve.

THE PROPER WAY TO PREPARE VEGETABLES IN ORDER TO PRESERVE THE MINERAL ELEMENTS

Spinach

Clean and wash very carefully. Put into steamer and steam 10 minutes. Drain (save water for soup). Chop fine, add cream sauce using water from spinach, and grated nutmeg. Return to fire, let it come to boiling point, remove from fire and serve.

Dandelions

Clean and wash very carefully. Put into steamer and steam 10 minutes. Drain. Add finely chopped onion which has been fried in butter to a light brown. Boil for 2 minutes and serve.

Kale

Remove large outer stem from leaves. Clean thoroughly in salt water. Cut in small pieces, steam for 15 minutes and drain. Add finely chopped onion which has been fried to a light brown in butter, simmer for 5 minutes and serve.

Kale and Potatoes

Prepare Kale as above. Butter baking dish and place alternate layers of Kale and Mashed Potatoes. Top layer to be Potatoes. Add a few pieces of butter, bake in moderate oven $\frac{1}{2}$ hour and serve. (In preparing mashed potatoes do not use milk, but the water in which potatoes were boiled. Also scrub the peelings of potatoes well. Boil them separately and the water may be used for mashed potatoes.)

Kale and Rice

Wash rice, let it come to a boil and drain. Add boiling water and boil for 20 minutes. Place alternate layers of Kale and Rice in making dish. Bake $\frac{1}{2}$ hour in moderate oven and serve. Salt to taste.

Curly Cabbage

Clean and wash each leaf carefully. Cut fine and steam about 15 minutes. Melt large piece of butter, add flour and gradually the water in which the cabbage has been cooked and stir until it thickens, season with nutmeg and salt. Add chopped cabbage and simmer 3 minutes. Serve.

Brussels Sprouts

Remove outer leaves, wash carefully and allow to stand in salt water about 2 minutes. Steam until

tender (about 20 minutes). Put into cream sauce and simmer about 7 minutes.

Peas and Carrots

Shell peas. Wash, scrape and cut carrots into strips about 2 inches long. Boil together about 20 minutes. Drain. Add cream sauce and simmer about 10 minutes. Season, add chopped parsley and serve.

Asparagus

Cut off woody part. Wash, scrape and boil from about 10-15 minutes. Drain, pour over melted butter and serve.

Swiss Chard

Prepare same as Kale.

Corn

Remove only the outer withered leaves. Add enough water to cover bottom of kettle and boil for 10 minutes. While boiling be sure to cover kettle tightly. Drain, remove balance of leaves from cobs and serve with butter.

Carrots

Wash and scrape carrots. Cut into strips and boil in salt water. Drain. Cover with cream sauce and simmer for 2 minutes. Remove from fire, add finely chopped parsley and serve.

Kohlrabi

Peel root and cut into small pieces. Wash leaves and chop. Boil about 20 minutes and drain.

Put into cream sauce (made with the water in which vegetable was cooked). Simmer about 5 minutes, add finely chopped parsley and serve.

Green Beans

Wash, string and cut into small pieces. Boil about 25 minutes. Add beans to cream sauce and simmer about 15 minutes. Add salt and parsley. Serve.

Waxed Beans

Prepare the same as Green Beans

Cauliflower

Remove leaves and wash carefully. Allow to stand in salt water about 5 minutes. Wash in clear water and boil both Cauliflower and leaves about $\frac{1}{2}$ hour. Drain, put into cream sauce and simmer for 10 minutes. Add salt, grated nutmeg and serve.

Vegetable Oysters

Scrape and throw immediately into cold water to which lemon juice has been added. This prevents the vegetable from turning black. Cut into strips and boil about $\frac{1}{2}$ hour. Add salt and grated nutmeg. Serve.

Parsnips

Prepare same as Carrots.

Carrots and Potatoes

Scrape carrots and peel potatoes. Cut both in strips and boil about 20 minutes. Cover with cream sauce and simmer 5 minutes. Add chopped parsley and serve.

Baked Parsnips

Scrape and wash. Boil in salted water about 1½ hour. Cut into slices and bake in butter to a golden brown. Serve with upper ground vegetables.

Squash

Remove seeds and bake in a moderate oven about 1 hour. Scrape and mash squash, add butter and salt. Serve. A leafy vegetable is a good combination with squash.

HERBS

The atmospheric influences are contracting upon the eliminating valves, lungs, kidneys, bowels and skin in winter. Thereby they retain many of the elements in the bloodstream which produce a blood filled with impurities. Living on vegetables raised artificially in hothouses, on stable manure, or stimulated with phosphates will not tend to better the condition because they lack the acid splitting mineral elements.

Even though the system of transportation has enabled us to bring home-grown products from the South, the prices of them are so high that the average

person is not able to buy them during the winter, sufficiently to properly balance the meals. The result is too much nitrogenous food (acid producing) and not enough acid neutralizing food (sodium, calcium, magnesia, iron, calium).

Some think they can "beat nature to it", by putting poisons which have caused abnormal conditions in the animal body into a test tube and when they find out the element which will neutralize the disease maker, use them in the human body, thinking it will work the same as in the test tube, ignoring the emotional influences through the human mind. The outcome is the development from a minor into a major disease. We cannot harmoniously beat nature in its physiological chemistry.

As soon as the earth is sufficiently warmed through the sunrays (Spring) the plants will grow with their rich amount of organic mineral elements, supplying us with all that we need for a housecleaning process in our body.

In many cases our body is choked up with morbid matter and has to start that cleaning process in a radical form such as fevers in local parts of the human system.

It is up to us to clean house before we choke up with filth. Centuries ago people went out and picked herbs to use in spring cure (cleaning the body of morbid matter).

Many have the conception that laxatives will perform the function.

Over stimulation of the internal organs and more enervation of the eliminating organs is the result of such a process. We can bring our blood back

to its proper alkalinity with the following combinations which are available for anyone out in nature in the spring.

	Teaspoons		Teaspoons
1	Sassafras 3	Elder Blossom	1
	Shaving Grass 1	Elder Leaves	1
	Sage 1	Sauerdock	1
	Peppermint 1	8 Sassafras	4
2	Com'n Nettle Root 4	Strawberry	
	Common Yarrow 1	Leaves	1
	Birch Leaves 1	Nettle Leaves	1
	Oats 2	Wormwood	1
3	Sassafras 3	Camomile	1
	Blackberry Leaves 1	9 Elder Root	4
	Dandelion 1	Sauerdock Leaves	1
	Camomile 1	Sage	1
4	Elder Root 4	Shaving Grass	1
	Walnut Leaves 1	Daisy Blossom	1
	Ribwort 1	10 Dandelion Root	4
	Sauerdock Leaves 1	Elder Blossom	1
5	Dandelion Root 3	Blackberry Leaves	1
	Elder Leaves 1	Walnut Leaves	1
	Sage 1	Sauerdock	1
	Common Yarrow 1	11 Sauerdock Root	4
6	Sauerdock Root 3	Peppermint	1
	Daisy Blossom 1	Ribwort	1
	Daisy Leaves 1	Oats	1
	Peppermint 1	Daisy Leaves	1
7	Dandelion Root 3		

Preparation of the Above

Clean herbs in water thoroughly cut them fine or put through a grinder.

To every spoonful of chopped herbs add one pint of boiling water. Remove from fire, let steep for about fifteen minutes. Take one cupful about one hour before every meal during spring months or at least two hours after meals.

CALORIES

Students, who wish to go into detail about the value of food, will find the following of great importance to them.

A large calorie is the amount of heat necessary to raise the temperature of one kilogram of water 1° C.

One gram of Protein equals 4 calories.

One gram of Carbohydrate equals 4 calories.

One gram of Fat equals 9 calories.

Question 1—If a person wants to put 200 calories of Protein into a meal, how many grams of Protein are necessary?

Answer—One gram of Protein equals 4 calories, therefore, we need as many grams of Protein as 4 is contained in 200 or 50 grams of Protein. In Carbohydrates we would have the same. In the case of Fat, we would have to divide 200 by 9 to get the amount of fat necessary to make 200 calories.

Question 2—A certain food is analyzed and found to contain:

5 grams of Protein ($5 \times 4 = 20$ calories)

10 grams of Carbohydrates ($10 \times 4 = 40$ calories)

3 grams of Fat ($3 \times 9 = 27$ calories)

Total—87 calories.

Figure how much energy is in 100 grams of milk, cheese, butter, vegetables, meat in the form of Protein, Carbohydrates (starch and sugar), Hydrocarbons (fats).

100 grams of cow's milk contains:

3.4 grams Protein
3.7 grams Fats
5.0 grams Milk Sugar

100 grams of beef contains

20.0 grams Protein
4.8 grams Fats
6.0 grams Carbohydrates

100 grams of curly cabbage contains:

3.5 grams Protein
0.7 grams Fats
6.0 grams Carbohydrates

100 grams of beans contains:

24.5 grams Protein
1.8 grams Fats
48.2 grams Carbohydrates

100 grams of potatoes contains:

2.0 grams Protein
0.1 grams Fats
22.5 grams Carbohydrates

Example—A person should have 2,760 calories. The food at hand is 500 grams of milk, 500 grams potatoes and peas. How many grams of peas are necessary?

500 grams of milk equals 5x67 calories or 335 calories.

100 grams of milk contains 67 calories:

3.4 protein times 4 calories equals 13.6

3.7 fats times 9 calories equals 33.3

5.0 carbo. times 4 calories equals 20.0

Total—66.9

500 grams of potatoes equals 5x99 calories or 495 calories.

100 grams potatoes contains 99 calories:

2.0 protein times 4 calories equals 8

0.1 fat times 9 calories equals 0.9

22.5 carbo. times 4 calories equals 90.0

Total—98.9

Grandtotal—830 calories.

Of the 2,760 calories, 830 are supplied by the milk and potatoes. The remaining 1,930 must be supplied by the peas.

100 grams peas contain 314 calories:

23.0 grams protein times 4 cal. equals 92

2.0 fat times 9 cal. equal 18

51.0 grams carbo. times 4 cal. equals 204

Total—314

By dividing 1,930 calories (the amount required), by 314 calories (the amount supplied by 100 grams of peas), we find the result is 6.1x100 grams peas—610 grams of peas necessary.

How to Find the Amount of Energy Which Food Must Supply

A calorie is equivalent to 425,000 gr. of energy (work).

Our muscles use 20%. That is, if we need 20 calories to perform a certain work, we must take a supply of 100 calories in food.

If we want to express the necessary energy quantities in food, we must count 1 gr. protein as 4 calories, 1 gr. carbohydrates, 4 and 1 gr. fats 9 calories.

If we want to supply the required energy in form of food, we must figure the amount of energy according to the amount of its organic elements.

For example—a worker carries 100 kg. in one hour 10x10 meters. What is the amount of energy used. Weight X distance—100 kg x 10 m x 10 equals 10,000 kgm.

A man carries 75 kg. in one hour 15x10m. The total energy used is 75 kg. x 10m x 15 equals 11,250 kgm.

A man should work equivalent to 50,000 kgm. How much energy does he need?

Answer—For 425 kgm. of work 5x1 calories are necessary. A calorie is equal to 425 kgm. But the muscles only get 20% of the energy. The balance is consumed in heat. Therefore, instead of one, we must figure five calories. If we divide 50,000 kgm. by 425 and multiply that figure by 5, equals 588.23 calories, the energy necessary for the above work.

How much bacon is necessary to produce 85,000 kgm. of energy?

Answer—Divide 85,000 by 425 or 200 calories x 5 equals 1,000 calories. As 1 gr. of fat equals 9 calories, we divide 1,000 by 9 or 111.11 gr.

Example—106,250 kgm. energy should be supplied by potatoes.

Answer—100 gr. potatoes equals 99 calories. 106,250 kgm. energy require 250×5 calories equals 1,250 calories equals 1,263 gr. potatoes.

EVOLUTION OF LIFE AND A KEY TO WHAT IT NEEDS

The rock is a chemical combination of elements in a crystal form and we find the same combinations in all evolutionary developments in plant as well as in animal life.

When the elements in rock lose their affinity for their binding material, the forms of rock disintegrate, that is, the crystal combination separates into a finer form, dust.

The rain washes this powderized form down to the soil where millions of hungry mouths are open ready to absorb them for the use of reconstruction, in order to form a new life.

These liquified inorganic elements from the rock are assimilated by the seeds which are a sense memory of a primary plant and represent the egg for the new life composed of phosphates and sulphates as the controlling elements. Phosphate has affinity for sunlight and sulphate is the controller.

The moisture from the earth and the heat of the sun will cause the coat of this seed to crack and life will spring forth, digesting the elements brought down from the disintegrated rock or stone meal which is changed into a sap or blood and as the seed grows, one cell upon another is formed, storing the organic elements until it represents what we call a plant.

The structure of that plant is taken into a crushing machine (teeth) separated into small bits and mixed with certain chemicals (digestive juices) for the purpose of separating the useful from the useless, during a process called digestion.

Out of the elements which gave the rock and afterward the plant their forms, a new sap is formed called blood. Through this fluid one cell after another is formed until they combine to make what we call the human body.

The characteristic of this structure depends upon the process of evolution. A crude or robust structure has been receiving the elements and influences which represent that form.

The temperamental or refined rock, plant or body are made from elements which went through a refining or filtrating process, composed of three stages.

The first is the design or sense memory of the parent structure. Every structure using its best for reproducing elements.

The second is material, elements of which the body or structure are composed and thirdly action, the influence which is used to materialize the sense memory: if constructive to improve upon it, or, if destructive, to destroy it.

To illustrate this, take the design of a house. If it were of a crude nature, the house will, if materialized represent a log house. If the sense memory or influences upon the design are of a constructive and refined nature, the crude material, the logs will be shaped, that is it will have to go through a refining process in order to be in harmony with the design. If the influences of action on the material are in harmony with the first two, the structure will represent a refined house.

Our bodies are subject to the same laws or influences in evolution.

Our bodies are also a representation of a primary thought (design), material (elements) and

action (influences). Our characteristics are either of a crude or a refined nature.

Crude if the material has not been refined as in the illustration of the log house. Refined if the material (food) which formed the previous structure (plant) had been composed of refined elements.

The sap first forms the underground, the crude elements, which are best fitted for the robust, heavy worker. Then as the elements travel through sunlight and oxygen, they are more refined as they form the vegetables and as the sap travels through the trunks and branches of trees, forming fruit, it receives the most refining and filtering process of all.

In conclusion, if the reader does not care to go into detail regarding the fundamentals or the key which I am trying to give in this book on Principles of Diet, remember the following:

A meal should be composed of—

First—for a hard worker:

50 % of the underground plants—potatoes, carrots, etc.

30 % of the leafy vegetables—spinach, cabbage, lettuce, kale, etc.

20 % fruit

Second—for light physical work:

30 % underground plants

50 % leafy vegetables

20 % fruit

Third—for the mental worker:

20 % underground plants

30 % leafy vegetables

50 % fruit

GENERAL RULES

The stomach should be the servant and not the master of the body.

While eating have your mind concentrated on your meal and not on a newspaper, or thinking about business.

A weak body also has weak digestive organs and it is not what you EAT, but what you DIGEST that makes you strong.

An expression, after finishing a meal, to the effect that you feel stronger is psychological and not physical.

A person working indoors does not need as much food as a person who works outdoors.

The physically active requires more food than one who is mentally engaged.

Walk home after parties or banquets. Do not put fuel for a five horsepower on a one horsepower stomach. More men have been killed through the digestive tract than upon all the world's battle fields.

When the food tastes the best stop eating, it is your taste buds calling not your stomach.

We represent intellectually, physically and morally the exact sum of what food we have taken.

My advice to those who have a craving for meat is to take it with about 90 % of vegetables and fruits, for if the craving is not satisfied, it is far worse for the nervous system than the acid producing meat.

It requires mental and physical harmony to make anything perfect.

Phsyiological and physical harmony are the basic influence necessary to guarantee proper digestion.

If, when you are invited to eat and you find that the table contains a meal which is against your ideas of combination, don't suppress your digestive fluids by worrying about the effects it will have upon you, but, maintain cheerfulness while eating.

In order to properly balance your meal see chart on food tables and compare total bases with total acids and be sure that the bases are greater than the acids, i.e. if the bases are 51 and the acids are 49, your meal is properly balanced, as far as minerals are concerned.

NOTE ! !

The analysis given in the chart are taken from authorities on physiological chemistry of Koenig, Pirquet, Rubner, Lahmann, Wolff, Roese, Albu, Schall, Atwater, Berg, Bunge, Hensel, Abderhalden, Letheby and Hindhede.

I have endeavored, in the contents of this book, to answer a few of the many questions asked me and to try to simplify the much discussed and confused subject "PROPER NUTRITION".

**Much Credit is Due to
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For the Work and Co-operation
in Compiling This Book.**

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"The Chart for Proper Nutrition"

THIS CHART IS COMPILED OF ANALYSIS FROM AUTHORITIES ON PHYSIOLOGICAL CHEMISTRY, SUCH AS KOENIG, PIRQUET, RUBNER, LAHMANN, WOLFF, ROESE, ALBU, SCHALL, ATWATER, BERG, BUNGE, HENSEL, ABDERHALDEN, LETHEBY and HINDHEDE.

COMBINATION OF FOOD

By J. P. MOLS

ORGANIC ELEMENTS IN 100 GRAM					MINERAL ELEMENTS PER THOUSAND GRAM											
Water	Protein	Fat	Carbo Hydrate	Calories	ACID SPLITTING					ACID PRODUCING						
					Potassium	Sodium	Calcium	Magnesium	Iron	Positive Salt	Phosphorus	Sulphur	Chlorine	Negative Salt		
					K ₂ O	Na ₂ O	CaO	MgO	Fe ₂ O ₃	BASES TOTAL	P ₂ O ₃	So ₃	CL	ACIDS TOTAL		
1 Human Milk	87.6	1.9	3.6	6.3	42	2.15	0.89	3.65	0.32	0.03	7.04	3.09	0.14	1.56	4.79	1
2 Cow's Milk	87.3	3.2	3.5	4.8	67	4.04	1.97	6.25	0.80	0.02	13.08	7.08	2.47	1.84	11.39	2
3 Cottage Cheese	43.1	33.8	11.1	4.1	283	13.18	2.11	59.12	5.53	1.41	81.35	75.83	0.20	9.82	85.85	3
4 Barley	6.3	7.7	1.6	69.3	329	9.69	1.85	2.10	9.68	0.83	24.15	33.17	0.96	0.60	34.73	4
5 Rice, Polished	12.6	5.9	0.3	74.7	330	1.58	0.61	0.40	1.91	0.16	4.66	7.78	0.05	0.01	7.84	5
6 Oatmeal	9.7	9.4	3.6	64.0	335	8.31	2.29	4.36	6.35	0.53	21.84	33.58	0.28	2.48	36.34	6
7 Rolled Oats	9.8	10.5	4.1	63.1	341	8.92	2.61	3.55	6.61	1.67	23.26	19.50	10.27	3.47	33.24	7
8 Corn	13.3	7.7	3.2	63.4	321	7.95	0.45	0.97	9.68	0.36	19.41	24.22	0.24	0.32	24.78	8
9 Corn Meal	13.0	8.0	2.2	69.21	336	3.62	0.67	1.33	4.37	0.33	10.32	11.36	4.26	1.15	16.77	9
10 Caraway Seed	8.2	13.7	36.7	15.8	471	16.03	1.84	69.91	26.10	0.89	144.77	73.43	2.66	7.16	83.25	10
11 Whole Wheat	13.4	9.1	1.0	51.3	259	11.23	1.68	1.97	10.15	0.82	25.85	33.85	0.17	0.15	34.17	11
12 Noodles (Macaroni)	11.9	8.8	0.4	72.5	336	0.95	5.33	0.70	0.68	1.70	9.36	5.59	7.72	1.16	14.47	12
13 Rye	13.4	8.4	1.0	66.5	316	12.34	0.86	1.90	10.07	0.84	26.01	36.49	0.58	0.25	37.32	13
14 Potatoes	77.8	1.4	0.0	14.0	63	14.16	0.87	0.80	2.93	0.09	18.85	7.64	7.16	1.36	16.16	14
15 Kohlrabi	85.9	2.1	0.1	6.9	39	8.64	2.42	4.51	3.91	1.31	20.97	16.66	2.54	1.60	14.80	15
16 Celery Knop	84.1	1.1	0.2	9.9	47	8.61	5.70	4.39	2.73	0.50	21.93	5.09	1.31	4.20	10.60	16
17 Carrots	86.8	0.9	0.2	8.7	41	5.77	5.02	2.97	1.60	0.28	15.64	3.97	1.18	0.95	6.10	17
18 Turnips	90.7	0.9	0.4	5.9	29	10.73	3.54	4.21	2.04	0.05	9.01	5.98	3.11	1.59	10.68	18
19 Beets	88.1	1.1	0.1	7.0	34	2.58	11.22	1.48	0.11	0.29	15.68	2.95	0.37	0.99	4.31	19
20 Radish (black)	86.9	1.4	0.1	7.1	36	25.45	6.60	17.07	9.55	2.38	61.05	3.51	10.60	7.45	21.65	20
21 Radishes (Spring)	93.3	0.9	0.1	3.2	18	3.29	3.30	2.58	0.63	0.50	10.30	2.22	0.78	1.25	4.25	21
22 Cauliflower	90.9	1.8	0.2	3.8	26	2.97	2.09	4.95	1.41	0.16	11.58	5.57	2.11	0.81	8.49	22
23 Curley Cabbage Savoyer	90.7	1.2	0.1	4.8	31	6.06	0.95	2.08	0.98	0.06	10.13	4.29	2.89	0.21	7.39	23
24 Cabbage (white)	90.1	1.3	0.1	4.2	24	12.15	1.36	2.49	1.95	0.31	18.26	9.10	4.03	1.05	14.18	24
25 Cabbage (red)	90.1	1.3	0.1	4.9	27	6.27	1.67	1.43	1.41	0.96	11.74	2.65	4.07	2.82	9.54	25
26 Rhubarb	94.5	0.4	0.3	2.7	16	7.49	0.98	2.12	2.73	0.33	13.65	3.54	0.28	0.90	4.72	26
27 Spinach	89.2	4.2	0.1	2.6	34	18.98	3.05	2.96	4.72	1.64	31.35	15.89	6.75	3.59	26.23	27
28 Asparagus	93.7	1.4	0.1	2.0	16	4.21	0.73	0.66	0.89	0.06	6.55	3.37	2.70	1.49	7.56	28
29 Tomato	93.4	0.7	0.1	3.4	18	8.02	5.44	2.15	4.24	0.87	20.72	3.94	1.18	1.93	7.05	29
30 Watermelon	92.1	0.6	0.4	4.9	26	1.85	0.35	0.55	0.24	0.08	3.07	0.29	0.72	0.23	1.24	30
31 Onion	90.1	1.1	0.3	3.2	21	3.27	1.14	1.52	0.55	0.09	6.57	2.30	4.61	0.75	7.66	31
32 Pumpkin	90.3	0.8	0.1	5.5	26	1.71	2.83	1.14	0.69	0.41	6.78	5.75	0.25	0.50	6.50	32
33 Leek	90.8	1.5	0.3	3.8	25	6.49	1.66	5.82	1.65	0.18	15.80	2.42	0.77	1.35	4.54	33
34 Chives	82.0	2.8	0.5	7.6	49	6.99	1.34	7.29	2.62	0.54	18.78	6.23	3.03	1.22	10.48	34
35 Cucumber	94.5	0.8	0.1	1.9	12	44.39	5.47	10.05	9.03	1.14	70.08	22.37	5.76	10.45	38.58	35
36 Watercress	92.3	1.9	0.1	0.5	12	7.35	4.29	9.38	3.29	0.10	24.41	7.31	10.41	1.71	19.43	36
37 Celery	93.1	1.2	0.1	3.9	22	13.12	1.99	4.92	0.99	0.87	21.89	6.16	3.74	0.88	10.78	37
38 Head Lettuce	94.3	1.2	0.2	1.8	15	8.21	2.50	5.38	3.16	2.05	21.30	3.99	0.96	2.22	7.07	38
39 Kohlrabi (Leaf)	86.0	2.2	0.3	6.1	38	7.42	5.00	15.23	6.17	2.70	36.52	13.66	0.59	3.67	17.92	39
40 Dandelion	95.5	2.0	0.4	6.3	39	11.77	7.34	5.23	2.96	0.95	28.25	6.90	1.04	2.79	10.73	40
41 Endive	94.1	1.3	0.1	2.2	16	9.76	4.75	5.21	1.07	1.54	22.33	1.53	1.58	4.71	7.82	41
42 Brussel Sprout	85.6	3.5	0.3	5.2	40	9.60	0.65	1.25	1.65	0.32	12.97	12.30	12.69	1.13	26.12	42
43 Kale	80.0	2.9	0.5	9.8	58	44.33	0.21	5.69	2.51	1.08	23.82	10.85	11.10	1.68	23.63	43

ORGANIC FOOD ELEMENTS OF FRUIT

COMPOSITIONS OF MINERALS IN 1,000 GRAM

	Water	Protein	Fat	Carbo Hydrate	Value in Calories Per 100 Gr	K ₂ O	Na ₂ O	CaO	MgO	Fe ₂ O ₃	Bases	P ₂ O ₃	So ₃	CL	Acids	
44 Apples	66.0	0.2	..	3.1	13	1.30	0.38	0.30	0.20	0.03	2.21	0.68	0.66	0.03	1.37	44
45 Pears	79.8	0.3	..	11.2	46	3.57	0.84	0.84	0.79	0.12	6.16	1.96	0.44	0.50	2.90	45
46 Plums	77.4	0.8	..	13.5	58	6.22	0.40	0.61	1.02	0.16	8.41	2.31	0.26	0.04	2.61	46
47 Peaches	73.0	0.8	..	8.7	38	5.37	1.18	1.98	0.80	0.24	0.57	3.05	1.08	0.04	4.17	47
48 Cherries	74.1	0.8	..	10.8	46	5.16	0.92	0.63	1.15	0.18	8.04	2.69	0.61	2.17	5.47	48
49 Dates (dried)	23.1	1.3	0.1	53.9	223	13.69	1.90	2.29	4.10	0.08	22.06	4.19	9.33	3.04	16.56	49
50 Figs (dried)	28.7	2.7	..	56.3	238	24.66	2.01	8.08	5.78	1.71	42.24	11.20	2.03	1.20	14.43	50
51 Strawberries	85.2	0.4	..	9.7	141	2.76	0.89	1.46	1.09	0.50	6.61	3.68	0.79	0.38	4.85	51
52 Raspberries	85.0	1.0	..	6.6	31	4.59	0.45	2.50	2.63	0.11	9.72	4.44	2.13	0.61	7.18	52
53 Orange	47.4	0.4	..	6.0	26	6.41	0.11	4.16	1.31	0.47	12.46	2.28	0.50	0.07	2.85	53
54 Lemon	51.1	0.4	..	6.0	25	7.25	0.08	4.05	1.42	0.57	13.35	2.96	0.41	0.08	3.45	54
55 Raisins (Dried)	24.5	1.8	..	62.6	259	20.21	5.03	4.15	5.47	1.09	35.95	14.85	3.11	2.89	20.85	55
56 Grapes	79.1	0.5	..	17.4	72	11.49	0.97	1.63	1.21	0.36	15.66	7.08	1.01	0.42	8.51	56
57 Pineapples	57.5	0.2	..	7.8	32	2.85	0.78	1.16	1.17	0.16	6.12	0.62	1.10	0.81	2.53	57
58 Banana	50.3	0.7	..	12.2	53	6.15	1.57	0.51	1.74	0.66	10.63	2.76	1.19	2.30	6.25	58
59 Olives	22.6	2.8	35.0	6.7	366	24.13	3.41	3.74	0.13	0.38	31.79	0.79	0.37	0.07	1.23	59

Acids and Sugar of fruit are easily digested, hence their quick returns and refreshing qualities.

ORGANIC ELEMENTS IN LEGUMES NUTS

COMPOSITION IN 1,000 GRAM OF MINERALS

	Water	Protein	Fat	Carbo- Hydrate	Value in C ₆₀ 100 Gram	K ₂ O	Na ₂ O	CaO	MgO	Fe ₂ O ₃	Bases	P ₂ O ₃	So ₃	CL	Acids
60 Beans (green)	94.1	3.9	0.2	6.2	45	7.94	0.87	0.58	1.28	0.03	11.70	3.86	2.79	0.85	7.50 60
61 Beans (dried)	11.2	16.6	0.6	47.0	273	26.70	1.37	6.50	10.80	0.34	45.71	42.87	2.89	0.69	46.45 61
62 Peas (green)	77.7	4.7	0.3	10.4	68	8.22	0.93	1.67	3.52	0.09	14.43	11.93	3.77	1.02	16.72 62
63 Peas (dried)	13.8	17.0	0.6	45.9	271	20.88	0.73	4.09	9.30	0.76	35.86	36.20	2.05	1.02	39.27 63
64 Lentils	12.3	18.2	0.6	44.7	272	13.33	7.87	4.08	2.21	1.36	28.85	27.69	16.60	2.36	46.65 64
65 Lima Beans	14.8	29.0	1.6	29.6	229	21.07	5.40	9.31	15.41	0.84	52.03	45.46	6.15	0.90	52.51 65
66 Walnuts	2.9	4.7	21.0	4.4	236	4.50	0.88	2.90	3.04	0.07	11.39	15.75	3.27	1.14	20.61 66
67 Almonds	3.6	8.4	27.0	6.3	318	11.97	0.56	10.89	7.75	0.12	31.29	24.76	8.08	0.64	33.48 67
68 Cocanuts	5.8	6.2	60.3	10.5	633	15.31	3.16	2.95	4.87	1.16	27.45	14.99	1.63	6.74	23.36 68
69 Cocoa	5.5	8.5	26.7	32.8	423	25.08	1.62	6.83	30.46	0.20	61.19	64.54	3.53	0.91	68.98 69

FOOD ELEMENTS IN MEAT

COMPOSITION OF MINERAL IN 1,000 GRAM

Water	Protein	Fat	Carbo Hydrate	Calories Per 100 Gr	K ₂ O	Na ₂ O	CaO	MgO	Fe ₂ O ₃	Bases	P ₂ O ₃	So ₃	CL	Acids
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